



# Joseph Selbie | Science + Religion = The Physics of God



TO LISTEN LIVE GO TO  
INCEPTIONRADIONETWORK.COM

**HEIDI HOLLS**  
**THE OUTLANDER**



**FRIDAY** 9PM EASTERN  
6PM PACIFIC



Listen on

[inceptionradionetwork.com](http://inceptionradionetwork.com)

1  
00:00:04,430 --> 00:00:02,600  
welcome welcome to my awesome Friday

2  
00:00:06,410 --> 00:00:04,440  
evening you're listening to me Heidi

3  
00:00:08,629 --> 00:00:06,420  
Hollis the Outlander so welcome to the

4  
00:00:11,030 --> 00:00:08,639  
show everybody it's gonna be fun as

5  
00:00:13,190 --> 00:00:11,040  
always I trust me this show is about

6  
00:00:15,140 --> 00:00:13,200  
bringing outlandish and interesting

7  
00:00:17,689 --> 00:00:15,150  
topics to the forefront from aliens

8  
00:00:20,150 --> 00:00:17,699  
angels ghosts demons holy encounters

9  
00:00:22,250 --> 00:00:20,160  
shadow people to Bigfoot to the

10  
00:00:24,470 --> 00:00:22,260  
outlandish always say if it's weird

11  
00:00:27,019 --> 00:00:24,480  
we're here and now you're just as

12  
00:00:28,640 --> 00:00:27,029  
strange as I am it's okay if you don't

13  
00:00:30,830 --> 00:00:28,650

know who I am when it comes to the

14

00:00:32,840 --> 00:00:30,840

outlandish personally I'm someone who

15

00:00:34,610 --> 00:00:32,850

has been there seen that experienced it

16

00:00:37,310 --> 00:00:34,620

freaked out found some answers I wrote

17

00:00:38,660 --> 00:00:37,320

about it got over it and now I'm hoping

18

00:00:42,010 --> 00:00:38,670

to help others do the same thing and

19

00:00:45,590 --> 00:00:42,020

understand that this wonderful crazy fun

20

00:00:48,500 --> 00:00:45,600

fascinating world of ours if you dare go

21

00:00:50,660 --> 00:00:48,510

to my main website which is Heidi Hollis

22

00:00:52,490 --> 00:00:50,670

calm you're gonna find so much stuff

23

00:00:54,439 --> 00:00:52,500

there I don't know if you can handle it

24

00:00:57,170 --> 00:00:54,449

but it's okay it's okay I'm here I'm

25

00:00:59,420 --> 00:00:57,180

here and I have YouTube and Twitter and

26

00:01:01,099 --> 00:00:59,430

Facebook and all that other good stuff

27

00:01:04,189 --> 00:01:01,109

on there that you guys can connect with

28

00:01:07,670 --> 00:01:04,199

me by and I also want to tell you guys

29

00:01:09,410 --> 00:01:07,680

how you could hear this show most of you

30

00:01:12,980 --> 00:01:09,420

guys tend to listen to us to you

31

00:01:15,590 --> 00:01:12,990

inception radio network app si RN app

32

00:01:18,260 --> 00:01:15,600

and it's fantastic if you don't have it

33

00:01:20,120 --> 00:01:18,270

you need to get it and you can also

34

00:01:22,219 --> 00:01:20,130

listen to us through I heart

35

00:01:24,050 --> 00:01:22,229

iTunes everything anything and

36

00:01:28,190 --> 00:01:24,060

everything that you can think of it's

37

00:01:30,469 --> 00:01:28,200

there I swear and you can also listen to

38

00:01:32,960 --> 00:01:30,479

the show live by just dialing a number

39

00:01:37,609 --> 00:01:32,970

like my parents seven one two seven

40

00:01:40,910 --> 00:01:37,619

seven zero eight eight eight eight and I

41

00:01:42,469 --> 00:01:40,920

also always welcome you guys to call in

42

00:01:46,310 --> 00:01:42,479

with your questions I know a lot of you

43

00:01:48,130 --> 00:01:46,320

are shy it's okay all is forgiven but

44

00:01:52,160 --> 00:01:48,140

one eight eight eight nine one nine

45

00:01:54,469 --> 00:01:52,170

23:55 or you could go to Skype find MJ

46

00:01:57,469 --> 00:01:54,479

at inception radio network and pastor

47

00:01:59,209 --> 00:01:57,479

questions along there or go into our

48

00:02:02,030 --> 00:01:59,219

live chat room which is starting to fill

49

00:02:05,899 --> 00:02:02,040

up like crazy right now which is IR n

50

00:02:07,399 --> 00:02:05,909

chat dot-com and I'll take your

51  
00:02:09,080 --> 00:02:07,409  
questions there just put everything in

52  
00:02:11,119 --> 00:02:09,090  
caps then I could see it easier because

53  
00:02:13,700 --> 00:02:11,129  
I'm trying to do a whole bunch at once

54  
00:02:14,900 --> 00:02:13,710  
if I don't see it in caps

55  
00:02:18,200 --> 00:02:14,910  
it's kind of hard to go through all

56  
00:02:21,950 --> 00:02:18,210  
those questions so I want to tell you

57  
00:02:24,230 --> 00:02:21,960  
guys first off thank you so very much

58  
00:02:27,380 --> 00:02:24,240  
for my goodness the numbers are coming

59  
00:02:32,300 --> 00:02:27,390  
in in regards to the Outlanders comic

60  
00:02:34,010 --> 00:02:32,310  
and it has been phenomenal you guys I'm

61  
00:02:36,320 --> 00:02:34,020  
so happy you're diggin my paranormal

62  
00:02:39,980 --> 00:02:36,330  
comic strip just go to the Outlanders

63  
00:02:41,720 --> 00:02:39,990

comic calm or write on the main page of

64

00:02:45,650 --> 00:02:41,730

inception radio network calm and you

65

00:02:49,250 --> 00:02:45,660

will see the comics there and and it's

66

00:02:52,790 --> 00:02:49,260

it's been a wild ride but there's still

67

00:02:54,410 --> 00:02:52,800

more to be done so anyways you know it's

68

00:02:56,210 --> 00:02:54,420

so funny I'm sitting here I'm talking

69

00:02:58,730 --> 00:02:56,220

and I'm getting messages popping up on

70

00:03:00,890 --> 00:02:58,740

my phone it's just crazy I'm so if you

71

00:03:06,950 --> 00:03:00,900

guys hear little booties that's yeah

72

00:03:08,540 --> 00:03:06,960

anyways I have to tell you what we are

73

00:03:10,880 --> 00:03:08,550

going to do the for the first 30 minutes

74

00:03:14,120 --> 00:03:10,890

I am trying to stay more consistent in

75

00:03:19,250 --> 00:03:14,130

doing the outlandish corner yes because

76

00:03:21,860 --> 00:03:19,260

my inbox is overflowing so what is the

77

00:03:23,690 --> 00:03:21,870

outlandish corner that is where I take

78

00:03:25,940 --> 00:03:23,700

your comments your questions your emails

79

00:03:27,260 --> 00:03:25,950

of anything and everything out of the

80

00:03:29,840 --> 00:03:27,270

ordinary that you're experiencing out

81

00:03:31,280 --> 00:03:29,850

there and need advice on and I will do

82

00:03:33,950 --> 00:03:31,290

my best to give you some advice without

83

00:03:37,880 --> 00:03:33,960

a guru or psychic mentality because I

84

00:03:40,310 --> 00:03:37,890

don't have either so I welcome you to

85

00:03:44,360 --> 00:03:40,320

write me through my main website Heidi

86

00:03:47,090 --> 00:03:44,370

Hollis calm or das das Outlander at

87

00:03:48,890 --> 00:03:47,100

gmail.com and I walk up people to go to

88

00:03:50,330 --> 00:03:48,900

my facebook page to send me messages but

89

00:03:52,280 --> 00:03:50,340

guess what Facebook likes to do they

90

00:03:54,320 --> 00:03:52,290

like to filter messages if you're not my

91

00:03:58,580 --> 00:03:54,330

friend and then it piles up in the

92

00:04:01,880 --> 00:03:58,590

cesspool of filtered messages and I

93

00:04:04,100 --> 00:04:01,890

don't get them and yeah I have had years

94

00:04:05,570 --> 00:04:04,110

and years of backlog let me tell you I'm

95

00:04:06,620 --> 00:04:05,580

just like I don't know if I'll ever get

96

00:04:09,020 --> 00:04:06,630

through them all I didn't know they were

97

00:04:11,450 --> 00:04:09,030

sitting there so anyways I'm gonna

98

00:04:14,540 --> 00:04:11,460

invite my guest who's going to be

99

00:04:17,960 --> 00:04:14,550

talking after we go through this lovely

100

00:04:20,210 --> 00:04:17,970

barrage of emails but Joseph Selby is

101  
00:04:22,039 --> 00:04:20,220  
gonna join me he's author of physics of

102  
00:04:25,550 --> 00:04:22,049  
God and I thought it'd be cool to have

103  
00:04:27,550 --> 00:04:25,560  
him join me on the email questions here

104  
00:04:30,740 --> 00:04:27,560  
how are you doing there Joseph

105  
00:04:33,830 --> 00:04:30,750  
doing great Heidi looking forward to

106  
00:04:36,350 --> 00:04:33,840  
some some interesting questions oh boy

107  
00:04:38,270 --> 00:04:36,360  
this is um I don't read these ahead of

108  
00:04:40,100 --> 00:04:38,280  
time just so you know just so you know

109  
00:04:42,890 --> 00:04:40,110  
and so they could range from anything

110  
00:04:46,940 --> 00:04:42,900  
from angels to aliens and yeah this is

111  
00:04:49,430 --> 00:04:46,950  
we'll see okay this one says dear Heidi

112  
00:04:52,550 --> 00:04:49,440  
I have a question about five years ago I

113  
00:04:54,410 --> 00:04:52,560

was seeing a man that just kind of hung

114

00:04:58,040 --> 00:04:54,420

around on the street in front of our

115

00:05:00,890 --> 00:04:58,050

house I asked my girls then 22 and 11 if

116

00:05:03,890 --> 00:05:00,900

they had seen anything anyone they both

117

00:05:06,260 --> 00:05:03,900

saw the same man the younger saw him

118

00:05:08,270 --> 00:05:06,270

about a block away while on her bike the

119

00:05:11,180 --> 00:05:08,280

older knew he was always out front just

120

00:05:13,490 --> 00:05:11,190

observing when he showed up at my job

121

00:05:15,650 --> 00:05:13,500

one time only a few feet from me gosh it

122

00:05:18,140 --> 00:05:15,660

sounds like a stalker watching what I

123

00:05:20,210 --> 00:05:18,150

was doing I directly told him he was not

124

00:05:22,910 --> 00:05:20,220

welcome nor wanted and to stay away from

125

00:05:25,070 --> 00:05:22,920

me my house and my family you talked

126

00:05:27,380 --> 00:05:25,080

about hat man this guy never wore any

127

00:05:29,720 --> 00:05:27,390

hat he was always in a suit very broad

128

00:05:31,820 --> 00:05:29,730

in the chest and shoulders hair combed

129

00:05:34,100 --> 00:05:31,830

back on his head wore sunglasses always

130

00:05:36,980 --> 00:05:34,110

kind of smug like he was trying to be

131

00:05:39,620 --> 00:05:36,990

approachable but it was fake the weird

132

00:05:41,720 --> 00:05:39,630

thing was all his coloring clothes hair

133

00:05:45,590 --> 00:05:41,730

even glasses were like a soft gray

134

00:05:48,560 --> 00:05:45,600

silver no real identifiable facial

135

00:05:50,630 --> 00:05:48,570

features me my whole family bound the

136

00:05:53,390 --> 00:05:50,640

house down to the four corners of the

137

00:05:56,570 --> 00:05:53,400

property and I haven't seen him nor have

138

00:06:01,160 --> 00:05:56,580

the girls so what the has L was that she

139

00:06:03,590 --> 00:06:01,170

said the bad word though whoa okay

140

00:06:06,110 --> 00:06:03,600

I'll take this first and then I'll see

141

00:06:10,130 --> 00:06:06,120

what you think about with Joseph Mannino

142

00:06:13,250 --> 00:06:10,140

I have heard of these more gray like I

143

00:06:16,070 --> 00:06:13,260

don't know spooky like guys hanging

144

00:06:19,070 --> 00:06:16,080

around and when you say silver and gray

145

00:06:21,050 --> 00:06:19,080

yes it makes me think aliens sometimes

146

00:06:24,170 --> 00:06:21,060

but then you blessed your property and

147

00:06:28,370 --> 00:06:24,180

it stayed away so you know I'm of the

148

00:06:32,000 --> 00:06:28,380

notion that evil is evil and if you if

149

00:06:34,910 --> 00:06:32,010

it takes having to pray over something

150

00:06:37,100 --> 00:06:34,920

to protect it to put the good positive

151  
00:06:39,050 --> 00:06:37,110  
vibes out there then you know what's it

152  
00:06:41,040 --> 00:06:39,060  
matter what exactly what it was you got

153  
00:06:43,439 --> 00:06:41,050  
rid of it and that's a

154  
00:06:45,240 --> 00:06:43,449  
things so I don't think there's some

155  
00:06:47,659 --> 00:06:45,250  
things just exist without being able to

156  
00:06:50,129 --> 00:06:47,669  
define it always science or not and

157  
00:06:52,170 --> 00:06:50,139  
speaking of which we talked about some

158  
00:06:54,689 --> 00:06:52,180  
of that later but it's like I don't

159  
00:06:56,850 --> 00:06:54,699  
think that we always have to pinpoint

160  
00:06:59,339 --> 00:06:56,860  
and define and say there it is that's

161  
00:07:00,450 --> 00:06:59,349  
what it is and then we feel better I

162  
00:07:02,369 --> 00:07:00,460  
don't think we always feel better I

163  
00:07:05,399 --> 00:07:02,379

think sometimes we could confuse things

164

00:07:07,649 --> 00:07:05,409

and cross odd lines that I don't know it

165

00:07:08,969 --> 00:07:07,659

just gets kind of gray literally so what

166

00:07:10,860 --> 00:07:08,979

did you think of that one Joseph that

167

00:07:15,629 --> 00:07:10,870

was a little different that's a little

168

00:07:17,129 --> 00:07:15,639

different I would I agree with you

169

00:07:20,430 --> 00:07:17,139

though I don't think we can always know

170

00:07:24,960 --> 00:07:20,440

I think there's a lot more mystery than

171

00:07:27,749 --> 00:07:24,970

we'll ever be able to solve but she did

172

00:07:30,800 --> 00:07:27,759

the right thing she went to you know

173

00:07:33,680 --> 00:07:30,810

prayer and inner protection and that's

174

00:07:37,529 --> 00:07:33,690

that's maybe the lesson right there for

175

00:07:41,070 --> 00:07:37,539

yeah honestly so hey I think any

176

00:07:42,390 --> 00:07:41,080

positive vibes can oppose darkness oh

177

00:07:45,360 --> 00:07:42,400

all right

178

00:07:47,279 --> 00:07:45,370

next email I have here it says dear

179

00:07:49,589 --> 00:07:47,289

Heidi I'm in your shadow people group

180

00:07:51,270 --> 00:07:49,599

and I have a question I have a 19 year

181

00:07:52,589 --> 00:07:51,280

old daughter who just told me she is

182

00:07:55,290 --> 00:07:52,599

having sleep paralysis

183

00:07:57,209 --> 00:07:55,300

I really didn't say much to her as I

184

00:07:59,820 --> 00:07:57,219

didn't want to scare her or give her any

185

00:08:02,339 --> 00:07:59,830

ideas as to what it could be but it does

186

00:08:05,399 --> 00:08:02,349

worry me her room happens to be where my

187

00:08:08,459 --> 00:08:05,409

husband and I saw the hat man like 20

188

00:08:10,740 --> 00:08:08,469

years ago oh great we haven't had any

189

00:08:13,110 --> 00:08:10,750

problems and life seems to be going well

190

00:08:15,540 --> 00:08:13,120

but wondering what I can do to help her

191

00:08:18,659 --> 00:08:15,550

without saying too much as a teenage

192

00:08:21,029 --> 00:08:18,669

girl she can at times overact if you

193

00:08:24,029 --> 00:08:21,039

know what I mean she's also adopted and

194

00:08:25,890 --> 00:08:24,039

is not settled in herself yet as far as

195

00:08:27,719 --> 00:08:25,900

I know she is doing well working and

196

00:08:29,519 --> 00:08:27,729

going to college things are going better

197

00:08:31,290 --> 00:08:29,529

for her now than they were in high

198

00:08:33,389 --> 00:08:31,300

school so it's kind of surprised what

199

00:08:35,819 --> 00:08:33,399

she mentioned she was having trouble she

200

00:08:37,170 --> 00:08:35,829

didn't see him to be scared but said she

201

00:08:39,510 --> 00:08:37,180

gets paralyzed and it feels like

202

00:08:43,170 --> 00:08:39,520

something is in the room but she didn't

203

00:08:44,670 --> 00:08:43,180

see what or who it was I'll explain

204

00:08:46,050 --> 00:08:44,680

something real quick Joseph I don't know

205

00:08:47,430 --> 00:08:46,060

if you're familiar with this hatman

206

00:08:49,439 --> 00:08:47,440

character but there's a man in a

207

00:08:51,210 --> 00:08:49,449

three-piece suit trench coat sometimes

208

00:08:54,150 --> 00:08:51,220

sometimes a cape

209

00:08:58,130 --> 00:08:54,160

anywhere's a gaucho hat or a big

210

00:09:02,070 --> 00:08:58,140

pass and I coined the term hat man and

211

00:09:03,720 --> 00:09:02,080

people see him in broad daylight walking

212

00:09:07,170 --> 00:09:03,730

down the street in their house and their

213

00:09:09,510 --> 00:09:07,180

bedrooms and if they see his eyes they

214

00:09:11,280 --> 00:09:09,520

are usually glowing red and they feel

215

00:09:13,950 --> 00:09:11,290

like they have looked at the devil

216

00:09:15,600 --> 00:09:13,960

himself and so when this lady says 20

217

00:09:18,540 --> 00:09:15,610

years earlier she saw the hat man in

218

00:09:21,600 --> 00:09:18,550

this bedroom I'm like holy smokes you

219

00:09:24,720 --> 00:09:21,610

know and he causes paralysis sometimes

220

00:09:28,260 --> 00:09:24,730

on his victims but not always so in

221

00:09:30,300 --> 00:09:28,270

reading this I'm like ooh you know tell

222

00:09:32,550 --> 00:09:30,310

the girl to bless her room you know and

223

00:09:34,440 --> 00:09:32,560

without you know just saying gee honey I

224

00:09:35,970 --> 00:09:34,450

would like to really when it cleanse the

225

00:09:37,410 --> 00:09:35,980

house that's what I would tell her and

226

00:09:39,210 --> 00:09:37,420

you know oh here's a here's a cross

227

00:09:40,830 --> 00:09:39,220

necklace and we're all gonna join in and

228

00:09:42,390 --> 00:09:40,840

what bless the entire house and we'll

229

00:09:45,090 --> 00:09:42,400

just wear these necklaces you know just

230

00:09:46,740 --> 00:09:45,100

to keep it where it's on you know the

231

00:09:47,700 --> 00:09:46,750

down low so she doesn't freak out I

232

00:09:50,040 --> 00:09:47,710

don't know what would she tell her

233

00:09:53,040 --> 00:09:50,050

Joseph well I would probably telling you

234

00:09:56,400 --> 00:09:53,050

the same thing I might also add that she

235

00:10:00,150 --> 00:09:56,410

might want to talk to her daughter and

236

00:10:04,620 --> 00:10:00,160

see if there are other fear issues

237

00:10:07,170 --> 00:10:04,630

happening where she's you know got some

238

00:10:10,920 --> 00:10:07,180

some deep-seated things that may or may

239

00:10:14,820 --> 00:10:10,930

not be unrelated to the hatman idea or

240

00:10:18,240 --> 00:10:14,830

just that she's attracting that man with

241

00:10:21,090 --> 00:10:18,250

her fears but at any in any event

242

00:10:23,850 --> 00:10:21,100

whether it's a hat man or it's some

243

00:10:27,420 --> 00:10:23,860

deep-seated fear about failure or life

244

00:10:32,510 --> 00:10:27,430

or as she said she hasn't settled yet

245

00:10:35,250 --> 00:10:32,520

into the reality of being adopted that

246

00:10:37,640 --> 00:10:35,260

you know address that there's many ways

247

00:10:44,130 --> 00:10:37,650

to address it not all with a

248

00:10:46,530 --> 00:10:44,140

psychologist but just finding out how

249

00:10:49,140 --> 00:10:46,540

she feels getting her to talk is the

250

00:10:52,980 --> 00:10:49,150

main thing and teenagers are notoriously

251

00:10:56,660 --> 00:10:52,990

difficult to get to talk but to get her

252

00:11:01,860 --> 00:10:56,670

to start sharing what's happening inside

253

00:11:04,050 --> 00:11:01,870

so you're a natural all right very cool

254

00:11:06,910 --> 00:11:04,060

that's really good advice all right so

255

00:11:10,300 --> 00:11:06,920

this next one it says hello Heidi I am

256

00:11:12,670 --> 00:11:10,310

Oh Marit Marit G from South Africa

257

00:11:15,100 --> 00:11:12,680

my teenage daughter took a deep

258

00:11:17,740 --> 00:11:15,110

emotional dip and phoned me last night

259

00:11:20,230 --> 00:11:17,750

and broke down she said that there is

260

00:11:23,889 --> 00:11:20,240

this voice telling her to harm herself

261

00:11:25,930 --> 00:11:23,899

and confirming all her fears like I will

262

00:11:29,050 --> 00:11:25,940

take you to a place where nobody will

263

00:11:31,689 --> 00:11:29,060

find you your mother will die etc she

264

00:11:34,720 --> 00:11:31,699

then said that she could see the voice

265

00:11:37,329 --> 00:11:34,730

it was a dark man with a hat and a coat

266

00:11:39,430 --> 00:11:37,339

dang it's a same creature with his hands

267

00:11:42,069 --> 00:11:39,440

in his pocket she was terribly afraid of

268

00:11:45,160 --> 00:11:42,079

him and he instilled terror it was

269

00:11:47,980 --> 00:11:45,170

always in a specific corner of her room

270

00:11:49,449 --> 00:11:47,990

but also sometimes looking over her

271

00:11:51,879 --> 00:11:49,459

standing at her bedside

272

00:11:54,400 --> 00:11:51,889

one time when I sat with her she started

273

00:11:58,449 --> 00:11:54,410

screaming as he was standing behind me

274

00:12:00,699 --> 00:11:58,459

pointing a knife at me it seems as if he

275

00:12:03,699 --> 00:12:00,709

appears more frequently when she is

276

00:12:05,590 --> 00:12:03,709

anxious could this be the Hat man I have

277

00:12:08,620 --> 00:12:05,600

not heard of encounters where he

278

00:12:16,000 --> 00:12:08,630

actually spoke I'll let you take this

279

00:12:19,389 --> 00:12:16,010

one first Joseph well again I would say

280

00:12:23,110 --> 00:12:19,399

maybe the Hat man is a symptom not a

281

00:12:26,590 --> 00:12:23,120

cause that maybe there are issues that

282

00:12:28,329 --> 00:12:26,600

need to be opened up and talked and

283

00:12:30,910 --> 00:12:28,339

sounds like she already started talking

284

00:12:34,389 --> 00:12:30,920

I didn't catch if he said how old she

285

00:12:36,430 --> 00:12:34,399

was she just said a teenage daughter it

286

00:12:39,370 --> 00:12:36,440

seems to a lot of teenage daughters

287

00:12:41,170 --> 00:12:39,380

stuff today well it's a it's an

288

00:12:45,189 --> 00:12:41,180

emotional time I mean it's also an

289

00:12:46,720 --> 00:12:45,199

emotional time for teenage boys but for

290

00:12:49,170 --> 00:12:46,730

teenage girls it can be even more

291

00:12:52,660 --> 00:12:49,180

difficult again there could be issues

292

00:12:56,019 --> 00:12:52,670

outside of this you know in her school

293

00:13:00,420 --> 00:12:56,029

with her peer group in her in her family

294

00:13:04,569 --> 00:13:00,430

setting so I don't discount that she's

295

00:13:09,240 --> 00:13:04,579

perhaps seeing a you know some kind of

296

00:13:13,170 --> 00:13:09,250

disembodied entity but the underlying

297

00:13:16,689 --> 00:13:13,180

cause could be that she's attracting it

298

00:13:19,000 --> 00:13:16,699

well you know what I have to say it's so

299

00:13:20,770 --> 00:13:19,010

bizarre but all over the globe I have

300

00:13:24,250 --> 00:13:20,780

received emails in regard

301  
00:13:27,550 --> 00:13:24,260  
to the hat man and doing these these

302  
00:13:29,650 --> 00:13:27,560  
types of things where he he'll insinuate

303  
00:13:32,890 --> 00:13:29,660  
kill yourself kill somebody or I'm gonna

304  
00:13:35,050 --> 00:13:32,900  
do it and it's like all over the globe

305  
00:13:37,090 --> 00:13:35,060  
and these people are not connected and

306  
00:13:39,070 --> 00:13:37,100  
it's like well I know the argument of

307  
00:13:40,870 --> 00:13:39,080  
you know this this could be you know

308  
00:13:43,900 --> 00:13:40,880  
incited from this and that and I'm like

309  
00:13:46,060 --> 00:13:43,910  
but how is it the same man they're

310  
00:13:47,830 --> 00:13:46,070  
describing in the same clothing it's

311  
00:13:51,670 --> 00:13:47,840  
like oh my goodness

312  
00:13:55,960 --> 00:13:51,680  
I I don't know how to explain that away

313  
00:13:57,850 --> 00:13:55,970

to people except that you know I I never

314

00:14:01,000 --> 00:13:57,860

I'm try to say I'm Christian and it's

315

00:14:02,350 --> 00:14:01,010

like okay god it's supposedly considered

316

00:14:05,290 --> 00:14:02,360

to be everywhere at once

317

00:14:07,900 --> 00:14:05,300

why can't darkness and why can't it take

318

00:14:09,730 --> 00:14:07,910

a form people say they witnessed Jesus

319

00:14:12,160 --> 00:14:09,740

witness Marian

320

00:14:14,980 --> 00:14:12,170

it's a recognizable form so you know

321

00:14:17,020 --> 00:14:14,990

it's the same entity well this guy

322

00:14:18,760 --> 00:14:17,030

doesn't change it up a whole lot where

323

00:14:22,720 --> 00:14:18,770

he wants people to know what still him

324

00:14:25,120 --> 00:14:22,730

too so it makes you wonder you know why

325

00:14:28,990 --> 00:14:25,130

why is he you know he wants to be

326

00:14:30,970 --> 00:14:29,000

recognized and yeah I think honestly

327

00:14:33,400 --> 00:14:30,980

from all the I mean thousands of emails

328

00:14:34,210 --> 00:14:33,410

about this guy that it is indeed the Hat

329

00:14:36,580 --> 00:14:34,220

man

330

00:14:39,490 --> 00:14:36,590

yeah and he speaks he speaks he

331

00:14:42,670 --> 00:14:39,500

threatens um he likes to talk to people

332

00:14:46,000 --> 00:14:42,680

in their dreams too which is bizarre but

333

00:14:48,550 --> 00:14:46,010

he he likes to growl and threaten and

334

00:14:50,680 --> 00:14:48,560

yeah but the list goes on its a freaky

335

00:14:52,000 --> 00:14:50,690

freaky thing here we're gonna be talking

336

00:14:56,770 --> 00:14:52,010

about God soon and here we're talking

337

00:14:58,750 --> 00:14:56,780

about the opposite of God it's you know

338

00:15:01,900 --> 00:14:58,760

I always think you know for a lot of

339

00:15:03,190 --> 00:15:01,910

people that have no faith out there that

340

00:15:05,860 --> 00:15:03,200

when you're looking into the eyes of

341

00:15:09,940 --> 00:15:05,870

just the opposite of God it should be a

342

00:15:12,820 --> 00:15:09,950

lot easier to believe in God you know I

343

00:15:14,260 --> 00:15:12,830

don't know that's that's I mean that

344

00:15:16,630 --> 00:15:14,270

would I would at least hope that there

345

00:15:17,470 --> 00:15:16,640

was an opposite force you know something

346

00:15:19,690 --> 00:15:17,480

weird Wow

347

00:15:21,550 --> 00:15:19,700

well marriage sheet from South Africa

348

00:15:26,020 --> 00:15:21,560

thanks for that email that was a it was

349

00:15:28,420 --> 00:15:26,030

a doozy all right so this next one this

350

00:15:31,090 --> 00:15:28,430

one comes from Jeremy hello I started

351  
00:15:33,700 --> 00:15:31,100  
doing some research into shadow people

352  
00:15:34,450 --> 00:15:33,710  
and read a few things from your book I

353  
00:15:36,340 --> 00:15:34,460  
believe

354  
00:15:39,100 --> 00:15:36,350  
I've had more than a few encounters with

355  
00:15:40,690 --> 00:15:39,110  
a hat man as you call it I'm really just

356  
00:15:43,510 --> 00:15:40,700  
seeking information on the specific

357  
00:15:45,910 --> 00:15:43,520  
being I know it sounds crazy but I've

358  
00:15:48,190 --> 00:15:45,920  
had objects thrown across my room and

359  
00:15:50,440 --> 00:15:48,200  
even been charged by this hat man figure

360  
00:15:52,840 --> 00:15:50,450  
I wake up in the middle of the night at

361  
00:15:54,970 --> 00:15:52,850  
2:00 or 3:00 and feel a very strong

362  
00:15:56,920 --> 00:15:54,980  
presence but don't see anything when I

363  
00:15:59,769 --> 00:15:56,930

wake up I haven't seen this hat man in

364

00:16:00,579 --> 00:15:59,779

years but I try my hardest to tune it

365

00:16:02,560 --> 00:16:00,589

out and ignore it

366

00:16:03,730 --> 00:16:02,570

although the presents at night is still

367

00:16:06,250 --> 00:16:03,740

there if you could give me any

368

00:16:08,139 --> 00:16:06,260

information at all about this being or

369

00:16:09,480 --> 00:16:08,149

any information on how to deal with it I

370

00:16:11,440 --> 00:16:09,490

would be so grateful

371

00:16:14,430 --> 00:16:11,450

Joseph what do you say to people that

372

00:16:16,540 --> 00:16:14,440

are being barrage by something

373

00:16:17,949 --> 00:16:16,550

SuperDuper negative I mean you have to

374

00:16:20,530 --> 00:16:17,959

get questions like that you cover the

375

00:16:23,889 --> 00:16:20,540

topic of God so what would you say to

376

00:16:27,490 --> 00:16:23,899

somebody like this well wrap yourself in

377

00:16:30,850 --> 00:16:27,500

in inner light there's an exercise you

378

00:16:33,490 --> 00:16:30,860

can do it's very simple where you stand

379

00:16:36,790 --> 00:16:33,500

you put your arms straight out at your

380

00:16:40,590 --> 00:16:36,800

sides and you bring your arms together

381

00:16:45,519 --> 00:16:40,600

and touch your palms and as you do so

382

00:16:49,000 --> 00:16:45,529

you can you can say anything you want

383

00:16:50,100 --> 00:16:49,010

really it can be Jesus protect me God

384

00:16:53,970 --> 00:16:50,110

protect me

385

00:16:58,240 --> 00:16:53,980

there's home taught sot which is a

386

00:17:00,460 --> 00:16:58,250

Sanskrit mantra and then open your hands

387

00:17:03,250 --> 00:17:00,470

up move your arms around and bring them

388

00:17:03,850 --> 00:17:03,260

and touch them behind you and say the

389

00:17:06,970 --> 00:17:03,860

same thing

390

00:17:10,449 --> 00:17:06,980

god protect me or jesus protect me and

391

00:17:16,500 --> 00:17:10,459

as you're doing it feel as if you are

392

00:17:22,030 --> 00:17:16,510

building a cocoon of light around you

393

00:17:25,660 --> 00:17:22,040

and and seek that inner protection no

394

00:17:28,390 --> 00:17:25,670

that's that's beautiful you know a lot

395

00:17:30,520 --> 00:17:28,400

of people it's just I don't know what it

396

00:17:33,160 --> 00:17:30,530

is but it's like I am absolutely

397

00:17:36,940 --> 00:17:33,170

inundated and it's getting worse out

398

00:17:39,240 --> 00:17:36,950

there regards to people experiencing

399

00:17:41,169 --> 00:17:39,250

negative things and there's also a

400

00:17:43,570 --> 00:17:41,179

unprecedented and number of people that

401  
00:17:45,940 --> 00:17:43,580  
are leaving the church leaving their

402  
00:17:48,220 --> 00:17:45,950  
faith behind and it's like does this go

403  
00:17:50,049 --> 00:17:48,230  
hand in hand you know but sometimes

404  
00:17:52,000 --> 00:17:50,059  
seems like darkness is attracted to the

405  
00:17:55,390 --> 00:17:52,010  
light somebody's really a bright light

406  
00:17:55,900 --> 00:17:55,400  
that these things come to them like a

407  
00:17:59,970 --> 00:17:55,910  
bug

408  
00:18:02,950 --> 00:17:59,980  
so it's like how do you tell people

409  
00:18:03,400 --> 00:18:02,960  
you're experiencing this because of a B

410  
00:18:05,230 --> 00:18:03,410  
or C

411  
00:18:08,560 --> 00:18:05,240  
I tell people the only way they know is

412  
00:18:10,450 --> 00:18:08,570  
if they know themselves if they like to

413  
00:18:12,580 --> 00:18:10,460

pet a dog or kick it I always say it's

414

00:18:15,220 --> 00:18:12,590

like you know and you know why this

415

00:18:16,900 --> 00:18:15,230

presence is coming your way it's not so

416

00:18:20,140 --> 00:18:16,910

much a matter of trying to figure it out

417

00:18:21,580 --> 00:18:20,150

once again it's important that you find

418

00:18:24,310 --> 00:18:21,590

a way to get rid of it more than

419

00:18:25,720 --> 00:18:24,320

anything so Jeremy I don't know which

420

00:18:28,740 --> 00:18:25,730

one of my books that you're reading I

421

00:18:32,380 --> 00:18:28,750

have a couple of them on the topic so if

422

00:18:36,100 --> 00:18:32,390

either of them tells you in pretty good

423

00:18:38,440 --> 00:18:36,110

detail on why these beings come and how

424

00:18:40,510 --> 00:18:38,450

to get rid of them so I hope that the

425

00:18:43,510 --> 00:18:40,520

information in there is ok because it's

426

00:18:49,419 --> 00:18:43,520

hard to cram a whole lot into a show

427

00:18:52,450 --> 00:18:49,429

versus a book so it's yeah but I

428

00:18:56,110 --> 00:18:52,460

appreciate your writing email here ok so

429

00:18:58,360 --> 00:18:56,120

I am scrolling through the emails

430

00:19:00,220 --> 00:18:58,370

everything is happen and out of people

431

00:19:02,140 --> 00:19:00,230

today it looks like time just go and do

432

00:19:03,909 --> 00:19:02,150

it see what we could find all right and

433

00:19:06,280 --> 00:19:03,919

this is a big one I don't know what's in

434

00:19:10,740 --> 00:19:06,290

it but it kind of will see all right

435

00:19:15,430 --> 00:19:13,120

dear Heidi we don't know each other but

436

00:19:17,260 --> 00:19:15,440

I just stumbled on your site from Google

437

00:19:18,880 --> 00:19:17,270

I can't seem to find your email address

438

00:19:21,159 --> 00:19:18,890

on your site so I thought I'd send you a

439

00:19:22,810 --> 00:19:21,169

message here ok I recently had a crazy

440

00:19:26,710 --> 00:19:22,820

thing happened to me over the weekend

441

00:19:29,380 --> 00:19:26,720

with who I now feel is oh boy hat man

442

00:19:30,940 --> 00:19:29,390

creature again I thought it was I was

443

00:19:33,310 --> 00:19:30,950

going crazy and woke my husband up

444

00:19:34,360 --> 00:19:33,320

because I thought I was dying or needed

445

00:19:37,180 --> 00:19:34,370

to go to the hospital

446

00:19:39,730 --> 00:19:37,190

she says this is what happened I woke up

447

00:19:42,070 --> 00:19:39,740

and it was still dark probably around 6

448

00:19:45,730 --> 00:19:42,080

a.m. I couldn't read my cell phone at

449

00:19:48,700 --> 00:19:45,740

all all the numbers look like 11:11 my

450

00:19:51,070 --> 00:19:48,710

arms and legs felt tingly like they had

451  
00:19:53,080 --> 00:19:51,080  
been numb I couldn't see anything for a

452  
00:19:54,900 --> 00:19:53,090  
while and then I started seeing diamonds

453  
00:19:57,430 --> 00:19:54,910  
on the wall and pink and purple

454  
00:19:58,149 --> 00:19:57,440  
sparkling stars on the ceiling well this

455  
00:20:01,690 --> 00:19:58,159  
is different

456  
00:20:03,659 --> 00:20:01,700  
then I saw a huge guy hey look

457  
00:20:08,320 --> 00:20:03,669  
like a giant with very broad shoulders

458  
00:20:10,810 --> 00:20:08,330  
it was just an online outline of a man

459  
00:20:13,960 --> 00:20:10,820  
completely blackened he had on a long

460  
00:20:16,629 --> 00:20:13,970  
coat and an old style hat like from the

461  
00:20:18,850 --> 00:20:16,639  
gangster days he didn't do anything and

462  
00:20:20,889 --> 00:20:18,860  
I didn't feel threatened at all when I

463  
00:20:23,259 --> 00:20:20,899

told my husband what I was seeing he

464

00:20:26,409 --> 00:20:23,269

asked if I was high oh that's a

465

00:20:28,840 --> 00:20:26,419

wonderful sentiment to ask your wife oh

466

00:20:31,750 --> 00:20:28,850

my goodness I told him I didn't know

467

00:20:33,850 --> 00:20:31,760

because I sure felt high it felt like

468

00:20:36,220 --> 00:20:33,860

ecstasy although I've never done drugs

469

00:20:38,769 --> 00:20:36,230

it's the best way to describe it it was

470

00:20:40,330 --> 00:20:38,779

bizarre I told my mom about this today

471

00:20:41,019 --> 00:20:40,340

and she thinks it's something in the

472

00:20:43,210 --> 00:20:41,029

house

473

00:20:45,340 --> 00:20:43,220

I've thought the home was haunted since

474

00:20:47,889 --> 00:20:45,350

we got it but I think every house is

475

00:20:49,990 --> 00:20:47,899

haunted that I live in I thought it was

476  
00:20:52,509 --> 00:20:50,000  
my medications playing tricks on me or

477  
00:20:54,549 --> 00:20:52,519  
maybe I forgot to take my medicine but

478  
00:20:57,370 --> 00:20:54,559  
my son just told me today that he sees

479  
00:21:00,250 --> 00:20:57,380  
someone in our bedroom he sleeps with us

480  
00:21:03,279 --> 00:21:00,260  
in his 3 he sat there and just stared at

481  
00:21:04,870 --> 00:21:03,289  
this person who I couldn't see sorry

482  
00:21:06,700 --> 00:21:04,880  
this is so long do you think this is

483  
00:21:09,850 --> 00:21:06,710  
something I should be worried about or

484  
00:21:14,250 --> 00:21:09,860  
any advice thanks for reading this Emily

485  
00:21:22,060 --> 00:21:18,789  
well there are definitely ghosts that

486  
00:21:26,649 --> 00:21:22,070  
there's there's no question that beings

487  
00:21:29,350 --> 00:21:26,659  
can linger in sort of the the astral

488  
00:21:32,769 --> 00:21:29,360

level of reality the energy the the

489

00:21:34,419 --> 00:21:32,779

subtle energy level of reality I read

490

00:21:40,930 --> 00:21:34,429

years ago something interesting rather

491

00:21:45,789 --> 00:21:40,940

than being fearful or concerned to pray

492

00:21:48,610 --> 00:21:45,799

for that specific entity to move on

493

00:21:51,629 --> 00:21:48,620

because it's generally it's generally

494

00:21:55,500 --> 00:21:51,639

that they're attached to something that

495

00:22:00,039 --> 00:21:55,510

they died in the house unfulfilled or

496

00:22:03,750 --> 00:22:00,049

the house holds some kind of memory for

497

00:22:06,940 --> 00:22:03,760

them and they just can't let go and to

498

00:22:09,220 --> 00:22:06,950

to really pray for them to move on

499

00:22:11,980 --> 00:22:09,230

because they're just they're wasting

500

00:22:15,340 --> 00:22:11,990

time they're wasting their souls journey

501  
00:22:19,780 --> 00:22:15,350  
by lingering so long

502  
00:22:22,180 --> 00:22:19,790  
and to to encourage them to take their

503  
00:22:25,720 --> 00:22:22,190  
next step and to get beyond their fear

504  
00:22:27,580 --> 00:22:25,730  
get beyond their attachment Wow now

505  
00:22:29,680 --> 00:22:27,590  
that's good advice and when you're

506  
00:22:32,320 --> 00:22:29,690  
dealing with the haunting that's uh yeah

507  
00:22:34,420 --> 00:22:32,330  
because you know sometimes I I can't

508  
00:22:36,550 --> 00:22:34,430  
help but to wonder why some of them are

509  
00:22:38,290 --> 00:22:36,560  
there you'll hear stories of the person

510  
00:22:40,000 --> 00:22:38,300  
let there was such a good person

511  
00:22:41,980 --> 00:22:40,010  
I don't know why they're haunting the

512  
00:22:44,680 --> 00:22:41,990  
location and scaring people because

513  
00:22:46,690 --> 00:22:44,690

they're there so it's yeah sometimes I

514

00:22:48,220 --> 00:22:46,700

don't know their purpose but yeah it

515

00:22:51,310 --> 00:22:48,230

sounds like a good idea to pray for them

516

00:22:53,530 --> 00:22:51,320

to continue to grow with their souls so

517

00:22:56,560 --> 00:22:53,540

that's that's fascinating good advice I

518

00:22:59,530 --> 00:22:56,570

you know what I would say to this person

519

00:23:02,170 --> 00:22:59,540

that experienced this hatman it seems

520

00:23:05,850 --> 00:23:02,180

like this is an ongoing problem for this

521

00:23:08,410 --> 00:23:05,860

person and they may be somewhat gifted

522

00:23:10,240 --> 00:23:08,420

everywhere I move to I'm like great this

523

00:23:12,880 --> 00:23:10,250

place is haunted and I'm like hold on

524

00:23:15,010 --> 00:23:12,890

maybe I'm the haunted maybe I'm the one

525

00:23:16,870 --> 00:23:15,020

that's just able to see this stuff and I

526

00:23:18,940 --> 00:23:16,880

don't think I'm a psychic or anything

527

00:23:21,640 --> 00:23:18,950

special I think everybody's got these

528

00:23:23,770 --> 00:23:21,650

abilities to to see and some just say a

529

00:23:26,740 --> 00:23:23,780

little bit better and some of us ignore

530

00:23:29,170 --> 00:23:26,750

better because it's there and I had a

531

00:23:30,520 --> 00:23:29,180

ghost owner come on once that told me

532

00:23:32,140 --> 00:23:30,530

what's the purpose and getting rid of

533

00:23:33,310 --> 00:23:32,150

ghosts they're everywhere

534

00:23:34,810 --> 00:23:33,320

it's like what are you gonna just tell

535

00:23:36,880 --> 00:23:34,820

them to move down the street or step

536

00:23:38,350 --> 00:23:36,890

outside he's like you can't get rid of

537

00:23:40,600 --> 00:23:38,360

them just tell them to keep it down I'm

538

00:23:44,950 --> 00:23:40,610

like oh that's different

539

00:23:46,900 --> 00:23:44,960

but like okay but I don't know I just

540

00:23:51,330 --> 00:23:46,910

tend to feel that if I'm paying the rent

541

00:23:57,850 --> 00:23:54,490

I think most ghosts are I have no

542

00:24:00,790 --> 00:23:57,860

malevolent intent you know they're just

543

00:24:04,690 --> 00:24:00,800

they're just confused if they're a

544

00:24:05,350 --> 00:24:04,700

person right yeah yeah yeah surely I get

545

00:24:09,310 --> 00:24:05,360

what you mean

546

00:24:11,890 --> 00:24:09,320

it's yeah you know when it's reading

547

00:24:14,800 --> 00:24:11,900

this email a one-element of this that's

548

00:24:15,490 --> 00:24:14,810

a little weird and funky is the diamonds

549

00:24:17,890 --> 00:24:15,500

on the wall

550

00:24:20,440 --> 00:24:17,900

pink and purple sparkling stars on the

551  
00:24:22,390 --> 00:24:20,450  
ceiling I'm like I have not I don't

552  
00:24:24,400 --> 00:24:22,400  
recall ever seeing somebody write about

553  
00:24:27,010 --> 00:24:24,410  
that and then have this hat man show up

554  
00:24:27,289 --> 00:24:27,020  
but one thing to know this happening you

555  
00:24:29,029 --> 00:24:27,299  
know

556  
00:24:32,060 --> 00:24:29,039  
a lot of people like oh he was tall I'm

557  
00:24:34,999 --> 00:24:32,070  
like this man is monstrously tall he

558  
00:24:38,659 --> 00:24:35,009  
could be anywhere from six to ten and

559  
00:24:41,720 --> 00:24:38,669  
twelve feet tall people and I often hear

560  
00:24:44,299 --> 00:24:41,730  
he's about seven feet tall or more so

561  
00:24:46,940 --> 00:24:44,309  
yeah that's it's kind of a crazy thing

562  
00:24:48,409 --> 00:24:46,950  
but if you're a person where ever you

563  
00:24:51,350 --> 00:24:48,419

move and you've got these weird things

564

00:24:54,019 --> 00:24:51,360

going on I make a habit before I get

565

00:24:55,669 --> 00:24:54,029

settled when I'm living somewhere is to

566

00:24:57,529 --> 00:24:55,679

bless every freaking corner

567

00:24:59,419 --> 00:24:57,539

I don't even mess around with it I'm

568

00:25:00,649 --> 00:24:59,429

like I know something's gonna show up

569

00:25:02,659 --> 00:25:00,659

they're gonna be like oh there goes

570

00:25:05,720 --> 00:25:02,669

Heidi she's moved over here come on guys

571

00:25:09,649 --> 00:25:05,730

so I put up my barriers right away and

572

00:25:11,779 --> 00:25:09,659

slag do not enter so I think it's

573

00:25:13,940 --> 00:25:11,789

important to do that and to help your

574

00:25:17,419 --> 00:25:13,950

your family and your your three-year-old

575

00:25:19,159 --> 00:25:17,429

out to definitely have them hope a

576

00:25:22,669 --> 00:25:19,169

family participate in blessing the home

577

00:25:25,609 --> 00:25:22,679

and you know take take charge of it and

578

00:25:26,119 --> 00:25:25,619

I think it's just really important all

579

00:25:27,739 --> 00:25:26,129

righty

580

00:25:31,039 --> 00:25:27,749

so we've got five minutes I've got a

581

00:25:34,310 --> 00:25:31,049

short one here and of course it looks

582

00:25:36,440 --> 00:25:34,320

like shadow people once again okay I

583

00:25:39,379 --> 00:25:36,450

have a question about a shadow person I

584

00:25:41,359 --> 00:25:39,389

have one that lives in my house mostly

585

00:25:44,299 --> 00:25:41,369

in my room and in the hallway I could

586

00:25:47,599 --> 00:25:44,309

see him and hear him and feel him one

587

00:25:49,609 --> 00:25:47,609

time I bumped into him Oh yikes like you

588

00:25:51,950 --> 00:25:49,619

would if you turn a corner and someone

589

00:25:55,609 --> 00:25:51,960

was standing there but he doesn't look

590

00:25:58,849 --> 00:25:55,619

like black smoke he isn't a blob he has

591

00:26:02,239 --> 00:25:58,859

no face he is taller than me and he is

592

00:26:07,940 --> 00:26:02,249

there but not like how I have read about

593

00:26:11,690 --> 00:26:07,950

is this a shadow person huh okay I'm a

594

00:26:14,419 --> 00:26:11,700

dive in Joseph um okay so the sane a

595

00:26:16,940 --> 00:26:14,429

person you see a person but there's no

596

00:26:18,859 --> 00:26:16,950

face so you're obviously seeing

597

00:26:20,450 --> 00:26:18,869

something that's rather solid and

598

00:26:22,340 --> 00:26:20,460

dealing with something rather solid it

599

00:26:25,369 --> 00:26:22,350

could be a hat man he doesn't always

600

00:26:27,289 --> 00:26:25,379

wear a hat but he's very distinctive

601  
00:26:29,989 --> 00:26:27,299  
when he's very solid shadow people tend

602  
00:26:31,970 --> 00:26:29,999  
to not be as solid where you can bump

603  
00:26:35,690 --> 00:26:31,980  
into him for crying out loud that's

604  
00:26:37,399 --> 00:26:35,700  
horrifying so and why it's he's

605  
00:26:40,310 --> 00:26:37,409  
lingering near your bedroom in the

606  
00:26:41,070 --> 00:26:40,320  
hallway I he waits to your guard is down

607  
00:26:44,000 --> 00:26:41,080  
when you're slow

608  
00:26:46,350 --> 00:26:44,010  
a lot of times and but it's not always

609  
00:26:48,930 --> 00:26:46,360  
people he sits in the backseat of

610  
00:26:50,970 --> 00:26:48,940  
people's cars and you know tip says hat

611  
00:26:55,140 --> 00:26:50,980  
like a cowboy or something it's really

612  
00:26:59,010 --> 00:26:55,150  
weird so I'm thinking it may be a shadow

613  
00:27:01,680 --> 00:26:59,020

being but I don't know I don't know it's

614

00:27:05,120 --> 00:27:01,690

hard to say could be a ghost even so

615

00:27:07,980 --> 00:27:05,130

what do you think about that one Joseph

616

00:27:10,650 --> 00:27:07,990

well I think as you say could it could

617

00:27:13,950 --> 00:27:10,660

be it could be any of the above it could

618

00:27:18,300 --> 00:27:13,960

be but she didn't say that she was

619

00:27:22,860 --> 00:27:18,310

fearful or paralyzed right it could just

620

00:27:25,890 --> 00:27:22,870

be as I say some some person who's died

621

00:27:30,900 --> 00:27:25,900

and is now living in their astral form

622

00:27:36,800 --> 00:27:30,910

and maybe they feel some attachment to

623

00:27:40,530 --> 00:27:36,810

her now we forget perhaps that these

624

00:27:42,720 --> 00:27:40,540

disembodied entities are people they

625

00:27:46,410 --> 00:27:42,730

have personalities they have a past they

626  
00:27:48,080 --> 00:27:46,420  
have memories they are people in all

627  
00:27:52,350 --> 00:27:48,090  
respects they just don't have a body

628  
00:27:57,510 --> 00:27:52,360  
right and so they may behave in a

629  
00:28:01,020 --> 00:27:57,520  
peculiar way but not not meaning

630  
00:28:04,920 --> 00:28:01,030  
anything you know negative or malevolent

631  
00:28:06,810 --> 00:28:04,930  
about it so if she's not feeling fear

632  
00:28:12,630 --> 00:28:06,820  
again I would recommend that she just

633  
00:28:15,750 --> 00:28:12,640  
pray that this entity move on and not be

634  
00:28:18,030 --> 00:28:15,760  
afraid herself yeah you know it's so

635  
00:28:20,520 --> 00:28:18,040  
funny I always just to say give me the

636  
00:28:23,580 --> 00:28:20,530  
biggest baddest alien versus a ghost

637  
00:28:26,400 --> 00:28:23,590  
because ghosts used to be people and

638  
00:28:28,050 --> 00:28:26,410

they're quite nosy and when they're

639

00:28:29,580 --> 00:28:28,060

popping in the shower while you're

640

00:28:34,080 --> 00:28:29,590

taking a shower you feel a little bit

641

00:28:36,390 --> 00:28:34,090

violated that used to be a person there

642

00:28:39,620 --> 00:28:36,400

so I don't know what it is I grew up in

643

00:28:42,000 --> 00:28:39,630

a haunted house so I just had I had this

644

00:28:44,220 --> 00:28:42,010

specific disdain for them in their

645

00:28:46,980 --> 00:28:44,230

presence but you're right it's like if

646

00:28:48,630 --> 00:28:46,990

it is a a wandering person which I

647

00:28:51,270 --> 00:28:48,640

believe there are some ghosts like that

648

00:28:55,000 --> 00:28:51,280

that are just wandering and aimless and

649

00:28:57,130 --> 00:28:55,010

you know or just terrified I

650

00:28:59,560 --> 00:28:57,140

I've heard of people that they're ghosts

651  
00:29:01,930 --> 00:28:59,570  
that are afraid they won't make it to

652  
00:29:05,860 --> 00:29:01,940  
heaven so they won't go into the

653  
00:29:07,930 --> 00:29:05,870  
so-called light and I'm like wow that's

654  
00:29:09,280 --> 00:29:07,940  
some serious apprehension if you're

655  
00:29:11,050 --> 00:29:09,290  
stubborn in this lifetime you're

656  
00:29:13,420 --> 00:29:11,060  
stubborn in the next ha Joseph you think

657  
00:29:17,100 --> 00:29:13,430  
well if you for some reason really

658  
00:29:22,870 --> 00:29:17,110  
really believed in hell I might hesitate

659  
00:29:26,260 --> 00:29:22,880  
myself yeah but that that makes sense

660  
00:29:28,120 --> 00:29:26,270  
it's like oh no I'm not going there it's

661  
00:29:29,470 --> 00:29:28,130  
happening Wow

662  
00:29:31,870 --> 00:29:29,480  
I guess if you could run from the light

663  
00:29:33,640 --> 00:29:31,880

and you know you were rotten or I don't

664

00:29:35,740 --> 00:29:33,650

know it's like sometimes people just

665

00:29:38,470 --> 00:29:35,750

think they have to be perfect and I

666

00:29:39,880 --> 00:29:38,480

don't I will never understand that God

667

00:29:44,020 --> 00:29:39,890

knew what he was doing when he made us

668

00:29:46,390 --> 00:29:44,030

so well I am getting to our first break

669

00:29:47,800 --> 00:29:46,400

here and Joseph you you hang in there

670

00:29:49,960 --> 00:29:47,810

you hung in there pretty darn good

671

00:29:52,060 --> 00:29:49,970

talking about all this spooky stuff so

672

00:29:54,010 --> 00:29:52,070

you guys are in for a treat after the

673

00:29:55,780 --> 00:29:54,020

break we have Joseph's LD we're gonna be

674

00:29:57,670 --> 00:29:55,790

talking about his book physics of God

675

00:30:01,650 --> 00:29:57,680

you're listening to me Heidi how's the

676  
00:30:05,080 --> 00:30:04,120  
welcome back everybody you're listening

677  
00:30:07,270 --> 00:30:05,090  
to me Heidi Hollis

678  
00:30:08,800 --> 00:30:07,280  
the Outlander remembering always if it's

679  
00:30:11,230 --> 00:30:08,810  
weird we're here and we're giving you

680  
00:30:13,000 --> 00:30:11,240  
advice and insight on outlandish topics

681  
00:30:15,040 --> 00:30:13,010  
and the phone lines are always open but

682  
00:30:17,980 --> 00:30:15,050  
I know most of you guys are listening to

683  
00:30:21,310 --> 00:30:17,990  
us later on so one eight eight eight

684  
00:30:24,610 --> 00:30:21,320  
nine one nine 23 55 and now I get to

685  
00:30:26,770 --> 00:30:24,620  
officially introduce my fantastic guess

686  
00:30:28,800 --> 00:30:26,780  
who hung in there for a really

687  
00:30:31,810 --> 00:30:28,810  
fascinating outlandish corner

688  
00:30:34,510 --> 00:30:31,820

Joseph Selby makes the complex and

689

00:30:37,510 --> 00:30:34,520

obscure simple and clear a dedicated

690

00:30:39,520 --> 00:30:37,520

meditator for over 40 years he has

691

00:30:42,490 --> 00:30:39,530

taught yoga and meditation throughout

692

00:30:44,770 --> 00:30:42,500

the US and Europe he's also been an avid

693

00:30:47,590 --> 00:30:44,780

follower of the unfolding a new paradigm

694

00:30:50,260 --> 00:30:47,600

of science and he is known for creating

695

00:30:52,600 --> 00:30:50,270

bridges of understanding between the

696

00:30:54,580 --> 00:30:52,610

modern evidence-based discoveries of

697

00:30:57,700 --> 00:30:54,590

science and the ancient experience-based

698

00:31:00,400 --> 00:30:57,710

discoveries of the Mystics everybody

699

00:31:04,690 --> 00:31:00,410

give a round of applause to Joseph

700

00:31:07,240 --> 00:31:04,700

Shelby we're going crazy here Joseph how

701  
00:31:07,640 --> 00:31:07,250  
the heck are you I'm doing great thank

702  
00:31:13,160 --> 00:31:07,650  
you

703  
00:31:15,410 --> 00:31:13,170  
I was like hmm does it some God and his

704  
00:31:18,470 --> 00:31:15,420  
background is interesting I'm gonna

705  
00:31:20,530 --> 00:31:18,480  
slather on the paranormal he milked him

706  
00:31:26,000 --> 00:31:20,540  
I thought that would be cool and you

707  
00:31:29,930 --> 00:31:26,010  
you're pretty darn good so hey it's all

708  
00:31:31,190 --> 00:31:29,940  
true yeah yeah honestly so a my goodness

709  
00:31:32,390 --> 00:31:31,200  
I don't even know where to begin with

710  
00:31:35,690 --> 00:31:32,400  
you because you have such a rich

711  
00:31:38,420 --> 00:31:35,700  
background how did you even get

712  
00:31:41,320 --> 00:31:38,430  
interested in looking into oh the

713  
00:31:47,570 --> 00:31:41,330

complex and obscure about that

714

00:31:53,900 --> 00:31:47,580

well my journey started in late 60s with

715

00:31:59,450 --> 00:31:53,910

some basically hallucinogenic

716

00:32:03,820 --> 00:31:59,460

experiences that really made me have to

717

00:32:06,590 --> 00:32:03,830

rethink all my assumptions about reality

718

00:32:11,260 --> 00:32:06,600

the kind of things that I experienced

719

00:32:15,980 --> 00:32:11,270

were wonderful I had blissful

720

00:32:18,590 --> 00:32:15,990

experiences not in in every instance but

721

00:32:21,160 --> 00:32:18,600

I had enough of them that I came to

722

00:32:26,750 --> 00:32:21,170

really appreciate that there's another

723

00:32:28,640 --> 00:32:26,760

level of subtle reality that our our

724

00:32:33,380 --> 00:32:28,650

science certainly our science at that

725

00:32:37,100 --> 00:32:33,390

time didn't really explain so that sent

726

00:32:41,270 --> 00:32:37,110

me on a journey and that journey took me

727

00:32:46,070 --> 00:32:41,280

to meditation primarily and to another

728

00:32:50,299 --> 00:32:46,080

another kind of inward Trek inward

729

00:32:53,030 --> 00:32:50,309

journey of self-discovery and meanwhile

730

00:32:55,490 --> 00:32:53,040

I never lost my interest in science I

731

00:32:59,750 --> 00:32:55,500

always had kind of a a scientific mind

732

00:33:03,380 --> 00:32:59,760

scientific bent and gradually I came to

733

00:33:07,970 --> 00:33:03,390

appreciate in the last Oh 20-30 years

734

00:33:13,310 --> 00:33:07,980

especially that science was evolving a

735

00:33:16,600 --> 00:33:13,320

new paradigm to explain what generally

736

00:33:19,450 --> 00:33:16,610

would be referred to as spiritual topics

737

00:33:23,660 --> 00:33:19,460

spiritual

738

00:33:26,620 --> 00:33:23,670

subjects paranormal subjects and that

739

00:33:31,130 --> 00:33:26,630

the the new scientific discoveries were

740

00:33:35,210 --> 00:33:31,140

giving space in the scientific paradigm

741

00:33:37,210 --> 00:33:35,220

for those things so I became personally

742

00:33:41,150 --> 00:33:37,220

fascinated with that along with my own

743

00:33:44,570 --> 00:33:41,160

personal spiritual journey Cole you know

744

00:33:49,010 --> 00:33:44,580

I remember reading somewhere that when

745

00:33:51,650 --> 00:33:49,020

it came to like scholars of religion and

746

00:33:54,320 --> 00:33:51,660

beliefs and faith that that they all got

747

00:33:56,810 --> 00:33:54,330

replaced with scientists and we sent

748

00:33:59,180 --> 00:33:56,820

them ahead to go explain the world to us

749

00:34:01,880 --> 00:33:59,190

instead and that's where people lost

750

00:34:04,400 --> 00:34:01,890

their faith because they turned to the

751  
00:34:08,240 --> 00:34:04,410  
scientists as does that kind of explain

752  
00:34:11,240 --> 00:34:08,250  
a little bit of the lack of beliefs out

753  
00:34:14,180 --> 00:34:11,250  
there with a lot of people well I think

754  
00:34:17,570 --> 00:34:14,190  
so I think science has had a huge

755  
00:34:20,720 --> 00:34:17,580  
influence because of its approach which

756  
00:34:23,360 --> 00:34:20,730  
is the evidence-based approach to saying

757  
00:34:27,340 --> 00:34:23,370  
what is and what isn't true and it was

758  
00:34:30,470 --> 00:34:27,350  
very difficult for sort of traditional

759  
00:34:34,460 --> 00:34:30,480  
spiritual denominations the Christianity

760  
00:34:37,940 --> 00:34:34,470  
and all the rest to compete with that

761  
00:34:40,730 --> 00:34:37,950  
because it's sort of fundamental

762  
00:34:43,790 --> 00:34:40,740  
position was that many things had to be

763  
00:34:45,680 --> 00:34:43,800

taken on faith what I liked in my

764

00:34:49,430 --> 00:34:45,690

journey and the reason why I ended up

765

00:34:53,050 --> 00:34:49,440

with such a strong interest in

766

00:34:56,659 --> 00:34:53,060

experience in meditation is that

767

00:35:01,190 --> 00:34:56,669

meditation is evidence-based when I have

768

00:35:04,100 --> 00:35:01,200

a inner experience there's no question

769

00:35:07,090 --> 00:35:04,110

in my mind there might still be a

770

00:35:11,150 --> 00:35:07,100

question in in other people's minds but

771

00:35:14,530 --> 00:35:11,160

there's no question in my mind that I've

772

00:35:19,760 --> 00:35:14,540

had that experience and that there is a

773

00:35:23,600 --> 00:35:19,770

responsive loving blissful infinite

774

00:35:25,400 --> 00:35:23,610

consciousness that you can call God you

775

00:35:28,050 --> 00:35:25,410

can call it infinite consciousness you

776

00:35:31,770 --> 00:35:28,060

can call it a ground of being

777

00:35:35,830 --> 00:35:31,780

regardless of what you you know name it

778

00:35:39,010 --> 00:35:35,840

your experience is undeniable to

779

00:35:41,170 --> 00:35:39,020

yourself it that's that is such a

780

00:35:43,990 --> 00:35:41,180

powerful statement because you know in

781

00:35:47,110 --> 00:35:44,000

Douglas of things that I do and on this

782

00:35:48,760 --> 00:35:47,120

show and the other two that I do a lot

783

00:35:50,350 --> 00:35:48,770

of people say to me well how do you know

784

00:35:51,850 --> 00:35:50,360

for sure what it was that you

785

00:35:53,950 --> 00:35:51,860

experienced I'm like you know there

786

00:35:57,220 --> 00:35:53,960

comes a point where I can no longer

787

00:35:59,320 --> 00:35:57,230

doubt my own sanity my own eyeballs and

788

00:36:01,570 --> 00:35:59,330

with all the thousands of emails I've

789

00:36:04,150 --> 00:36:01,580

ever received it's it's like people

790

00:36:06,730 --> 00:36:04,160

often say I thought my eyes were playing

791

00:36:08,560 --> 00:36:06,740

tricks on me I'm like are those the same

792

00:36:10,810 --> 00:36:08,570

eyes you use to drive back and forth to

793

00:36:12,220 --> 00:36:10,820

work and that's you you used to you know

794

00:36:14,380 --> 00:36:12,230

look up phone numbers on your cell phone

795

00:36:17,440 --> 00:36:14,390

why would they suddenly just start

796

00:36:19,840 --> 00:36:17,450

messing with you it's this self-doubt

797

00:36:23,440 --> 00:36:19,850

that I think is a big enemy of people

798

00:36:25,570 --> 00:36:23,450

and stops their growth I don't know how

799

00:36:28,660 --> 00:36:25,580

you feel about that but this questioning

800

00:36:31,210 --> 00:36:28,670

nature of mankind could drive me nuts

801  
00:36:34,690 --> 00:36:31,220  
sometimes and hearing about it like come

802  
00:36:38,380 --> 00:36:34,700  
on people take a leap of believing in

803  
00:36:43,450 --> 00:36:38,390  
your own eyes what's your pointing out

804  
00:36:46,450 --> 00:36:43,460  
it is really central to why I wrote the

805  
00:36:51,340 --> 00:36:46,460  
book is because so many people find it

806  
00:36:54,520 --> 00:36:51,350  
difficult to believe that there can be a

807  
00:36:58,380 --> 00:36:54,530  
god that there can be any subtle reality

808  
00:37:01,480 --> 00:36:58,390  
because they think that science has

809  
00:37:03,210 --> 00:37:01,490  
eliminated that possibility and they

810  
00:37:05,710 --> 00:37:03,220  
don't want to they don't want to feel

811  
00:37:10,420 --> 00:37:05,720  
foolish or they don't want to feel like

812  
00:37:15,960 --> 00:37:10,430  
they're ignoring better advice and they

813  
00:37:20,470 --> 00:37:15,970

get very nervous about even discussing

814

00:37:22,000 --> 00:37:20,480

subtle topics so hi them the main reason

815

00:37:24,370 --> 00:37:22,010

I wanted to write the book was to reach

816

00:37:27,520 --> 00:37:24,380

people with the understanding that

817

00:37:31,030 --> 00:37:27,530

there's tons of scientific discovery

818

00:37:33,460 --> 00:37:31,040

that's support subtle reality that

819

00:37:37,120 --> 00:37:33,470

support the paranormal that support the

820

00:37:40,370 --> 00:37:37,130

presence of God but we don't hear about

821

00:37:45,650 --> 00:37:40,380

them as much because the

822

00:37:48,829 --> 00:37:45,660

kind of core establishment of science is

823

00:37:51,740 --> 00:37:48,839

materialistic tent is such a crying

824

00:37:53,960 --> 00:37:51,750

shame there are so many worse things to

825

00:37:55,970 --> 00:37:53,970

feel foolish about like running on ice

826

00:38:00,920 --> 00:37:55,980

and then busting yourself in front of a

827

00:38:03,980 --> 00:38:00,930

crowd you know that's foolish it's about

828

00:38:07,549 --> 00:38:03,990

saying oh my goodness I think I saw

829

00:38:10,759 --> 00:38:07,559

something and this is what happened so

830

00:38:13,819 --> 00:38:10,769

many people go into these dark caves

831

00:38:17,059 --> 00:38:13,829

that they feel that no one can relate to

832

00:38:19,370 --> 00:38:17,069

and they isolate themselves and whether

833

00:38:20,960 --> 00:38:19,380

if it was a positive or negative

834

00:38:23,930 --> 00:38:20,970

experience of something out of the

835

00:38:27,589 --> 00:38:23,940

ordinary and people get so depressed

836

00:38:30,740 --> 00:38:27,599

they get suicidal and it's it's sad I

837

00:38:33,680 --> 00:38:30,750

witness it a lot I I don't know it's

838

00:38:37,390 --> 00:38:33,690

it's probably the biggest problem I see

839

00:38:41,450 --> 00:38:37,400

out there so I get why you wrote it a

840

00:38:42,440 --> 00:38:41,460

lot of people have said to me that after

841

00:38:45,499 --> 00:38:42,450

they've read it that they're gonna

842

00:38:48,559 --> 00:38:45,509

they're gonna send it to you know half a

843

00:38:50,509 --> 00:38:48,569

dozen people that they know who they've

844

00:38:53,210 --> 00:38:50,519

had that kind of conversation with where

845

00:38:57,380 --> 00:38:53,220

they they just can't bring themselves to

846

00:38:59,900 --> 00:38:57,390

embrace a spiritual life or a spiritual

847

00:39:04,220 --> 00:38:59,910

reality because of this barrier of

848

00:39:06,859 --> 00:39:04,230

science and that that barrier is

849

00:39:11,029 --> 00:39:06,869

changing not just because of my book but

850

00:39:14,720 --> 00:39:11,039

really my book represents a kind of a

851  
00:39:19,069 --> 00:39:14,730  
concise expression of the new paradigm

852  
00:39:20,359 --> 00:39:19,079  
that is is emerging definitely and you

853  
00:39:22,579 --> 00:39:20,369  
know I'm starting to see this

854  
00:39:25,819 --> 00:39:22,589  
interesting disclosure from our own

855  
00:39:28,220 --> 00:39:25,829  
Pentagon our own government discussing

856  
00:39:29,809 --> 00:39:28,230  
the possibility that we are not alone

857  
00:39:32,950 --> 00:39:29,819  
well that was exactly what they said on

858  
00:39:36,559 --> 00:39:32,960  
CNN we are not alone mr. Elizondo and

859  
00:39:38,539 --> 00:39:36,569  
now they're getting loud radio waves

860  
00:39:40,579 --> 00:39:38,549  
from space I just posted that on my

861  
00:39:43,039 --> 00:39:40,589  
facebook it's like there seems to be

862  
00:39:44,329 --> 00:39:43,049  
like they're testing the waters to see

863  
00:39:47,120 --> 00:39:44,339

where people are at and if they could

864

00:39:48,859 --> 00:39:47,130

handle this other reality coming forward

865

00:39:50,539 --> 00:39:48,869

and you know I don't know what they used

866

00:39:52,730 --> 00:39:50,549

to think that we'd all go running in the

867

00:39:54,230 --> 00:39:52,740

streets panicked and I'm like I've asked

868

00:39:55,670 --> 00:39:54,240

people on the street so did

869

00:39:58,930 --> 00:39:55,680

here in the big news well what's that

870

00:40:01,370 --> 00:39:58,940

we're not alone oh cool you know like

871

00:40:03,020 --> 00:40:01,380

people aren't getting it they're not

872

00:40:05,090 --> 00:40:03,030

panicked they're just likes about time

873

00:40:06,800 --> 00:40:05,100

somebody said something I'm like this is

874

00:40:09,710 --> 00:40:06,810

cool it's a cool time we're in don't you

875

00:40:12,430 --> 00:40:09,720

think yes I think we're good we're

876

00:40:16,370 --> 00:40:12,440

really going through some fundamental

877

00:40:18,080 --> 00:40:16,380

changes paradigm changes goodness

878

00:40:20,240 --> 00:40:18,090

there's so much ground to cover and and

879

00:40:22,310 --> 00:40:20,250

you know all of us who have been you

880

00:40:25,130 --> 00:40:22,320

know a bit pooh-poohed over the years

881

00:40:28,550 --> 00:40:25,140

we're gonna be one so the go-to people

882

00:40:30,830 --> 00:40:28,560

like please tell me what's happening so

883

00:40:35,330 --> 00:40:30,840

it's it's all good though you know love

884

00:40:36,550 --> 00:40:35,340

thy neighbor so your your your some of

885

00:40:39,290 --> 00:40:36,560

the things that you cover in your book

886

00:40:42,200 --> 00:40:39,300

it's one of my favorite topics like

887

00:40:45,080 --> 00:40:42,210

near-death experiences and the mystical

888

00:40:47,720 --> 00:40:45,090

experience and you suggest that there

889

00:40:52,550 --> 00:40:47,730

are common roots of these two so how do

890

00:40:56,630 --> 00:40:52,560

you connect the two well early on we

891

00:41:02,599 --> 00:40:56,640

were talking about disembodied entities

892

00:41:06,380 --> 00:41:02,609

ghosts and the fact that they're stuck

893

00:41:12,280 --> 00:41:06,390

here they're not moving on to higher

894

00:41:15,650 --> 00:41:12,290

subtle realms the reason they are still

895

00:41:19,060 --> 00:41:15,660

with us the reason they're still alive

896

00:41:21,830 --> 00:41:19,070

if you will is the same reason that

897

00:41:26,060 --> 00:41:21,840

there is life after death which is that

898

00:41:28,640 --> 00:41:26,070

we have we have two bodies in a sense we

899

00:41:33,500 --> 00:41:28,650

have a physical body and we have a

900

00:41:36,230 --> 00:41:33,510

subtle energy body and when we die we we

901  
00:41:41,540 --> 00:41:36,240  
drop the physical body like a like an

902  
00:41:45,200 --> 00:41:41,550  
overcoat and we inhabit only our subtle

903  
00:41:48,859 --> 00:41:45,210  
energy body so when people have

904  
00:41:52,640 --> 00:41:48,869  
near-death experiences essentially they

905  
00:41:56,170 --> 00:41:52,650  
are by accident

906  
00:41:59,900 --> 00:41:56,180  
doing the same thing that a mystic does

907  
00:42:04,609 --> 00:41:59,910  
when they go deep into meditation and

908  
00:42:09,260 --> 00:42:04,619  
they become perfectly still and they are

909  
00:42:12,620 --> 00:42:09,270  
able to transcend their awareness of

910  
00:42:16,520 --> 00:42:12,630  
their physical body and kind of let go

911  
00:42:20,150 --> 00:42:16,530  
of that sensory barrage of information

912  
00:42:24,890 --> 00:42:20,160  
and when you do that there's not nothing

913  
00:42:28,580 --> 00:42:24,900

there's a whole other reality of this

914

00:42:34,640 --> 00:42:28,590

subtle energy subtle feeling of a light

915

00:42:39,830 --> 00:42:34,650

of love of joy of bliss and when people

916

00:42:41,170 --> 00:42:39,840

have these near-death experiences in a

917

00:42:44,330 --> 00:42:41,180

sense they're doing the same thing

918

00:42:47,090 --> 00:42:44,340

involuntarily they're becoming perfectly

919

00:42:50,330 --> 00:42:47,100

still they're becoming perfectly still

920

00:42:53,359 --> 00:42:50,340

because they're on an operating table or

921

00:42:58,120 --> 00:42:53,369

they've been knocked out by some kind of

922

00:43:01,190 --> 00:42:58,130

trauma and in some cases they also

923

00:43:03,920 --> 00:43:01,200

transcend that physical awareness and

924

00:43:06,140 --> 00:43:03,930

when they do they have these heavenly

925

00:43:09,590 --> 00:43:06,150

experiences some of them go very far

926  
00:43:12,859 --> 00:43:09,600  
into the experience to the point where

927  
00:43:15,849 --> 00:43:12,869  
they are in astral regions they're in

928  
00:43:20,540 --> 00:43:15,859  
heavens where they describe these

929  
00:43:23,720 --> 00:43:20,550  
luminous beautiful scenes that if you

930  
00:43:27,680 --> 00:43:23,730  
look into mystic literature is exactly

931  
00:43:29,750 --> 00:43:27,690  
the way they describe heaven so it's the

932  
00:43:32,750 --> 00:43:29,760  
same experience the same underlying

933  
00:43:35,840 --> 00:43:32,760  
reality is that we don't die when the

934  
00:43:40,460 --> 00:43:35,850  
physical body dies we all have a subtle

935  
00:43:44,420 --> 00:43:40,470  
body and in fact our subtle body is what

936  
00:43:49,820 --> 00:43:44,430  
sustains and informs the physical body

937  
00:43:53,599 --> 00:43:49,830  
so you categorize I've had personally

938  
00:43:58,160 --> 00:43:53,609

and have met others who visit this

939

00:44:01,700 --> 00:43:58,170

heaven like place without trying just

940

00:44:03,620 --> 00:44:01,710

coming with these memories I don't know

941

00:44:05,930 --> 00:44:03,630

sometimes it's from sleep other times

942

00:44:08,599 --> 00:44:05,940

it's just there and then there are

943

00:44:10,310 --> 00:44:08,609

people who have these other experiences

944

00:44:14,180 --> 00:44:10,320

and other memories of not being in a

945

00:44:15,359 --> 00:44:14,190

very good place and if they come with

946

00:44:18,150 --> 00:44:15,369

these memories from

947

00:44:20,099 --> 00:44:18,160

and whatnot and so these are more

948

00:44:22,710 --> 00:44:20,109

categorized as a mystical experience but

949

00:44:25,079 --> 00:44:22,720

are those usually sought to have happen

950

00:44:27,930 --> 00:44:25,089

though or do they just occur to people

951

00:44:30,569 --> 00:44:27,940

like that like without I mean I wasn't

952

00:44:33,239 --> 00:44:30,579

seeking it I mean how does that happen

953

00:44:36,079 --> 00:44:33,249

you know it's it's weird well I think

954

00:44:41,309 --> 00:44:36,089

it's innate to us I think there's also

955

00:44:45,170 --> 00:44:41,319

an element of your your karma your your

956

00:44:49,640 --> 00:44:45,180

current incarnation I'm a believer that

957

00:44:54,089 --> 00:44:49,650

we keep coming back and working out our

958

00:44:58,230 --> 00:44:54,099

consciousness until we attain that level

959

00:45:02,730 --> 00:44:58,240

of awareness continuously so in a past

960

00:45:05,789 --> 00:45:02,740

life someone may have evolved enough to

961

00:45:08,099 --> 00:45:05,799

have had their own mystic experiences so

962

00:45:12,089 --> 00:45:08,109

when they come into this life they're

963

00:45:13,650 --> 00:45:12,099

very likely to have them again and they

964

00:45:19,410 --> 00:45:13,660

might have them in dreams they might

965

00:45:23,210 --> 00:45:19,420

have them in a moment of stillness but

966

00:45:25,950 --> 00:45:23,220

it's again it's all the same reality

967

00:45:28,470 --> 00:45:25,960

just people are having that transcendent

968

00:45:31,620 --> 00:45:28,480

experience for different reasons and

969

00:45:32,880 --> 00:45:31,630

through through different means yeah

970

00:45:37,519 --> 00:45:32,890

that's interesting

971

00:45:40,440 --> 00:45:37,529

is there a culture versus others that

972

00:45:44,759 --> 00:45:40,450

encourage or have experienced mystical

973

00:45:48,329 --> 00:45:44,769

experiences well at the core of every

974

00:45:52,589 --> 00:45:48,339

major spiritual tradition in the world

975

00:45:54,950 --> 00:45:52,599

are mystics the Mystics are the founders

976  
00:45:58,680 --> 00:45:54,960  
of the religions the religions become

977  
00:46:01,349 --> 00:45:58,690  
less and less mystical over time and

978  
00:46:06,059 --> 00:46:01,359  
more and more organizational and more

979  
00:46:09,239 --> 00:46:06,069  
and more bound by dogma and the the

980  
00:46:11,940 --> 00:46:09,249  
insistence that people you know accept

981  
00:46:13,259 --> 00:46:11,950  
one religious tradition over another in

982  
00:46:15,720 --> 00:46:13,269  
order to kind of perpetuate the

983  
00:46:19,440 --> 00:46:15,730  
religious tradition but if you go back

984  
00:46:25,470 --> 00:46:19,450  
to the core if you go and and read

985  
00:46:26,860 --> 00:46:25,480  
carefully the lives and testimony of

986  
00:46:29,500 --> 00:46:26,870  
these mystics

987  
00:46:30,970 --> 00:46:29,510  
they all say the same thing doesn't

988  
00:46:35,160 --> 00:46:30,980

matter what religious tradition they're

989

00:46:38,140 --> 00:46:35,170

from they all experienced a

990

00:46:41,170 --> 00:46:38,150

consciousness that is much greater than

991

00:46:43,140 --> 00:46:41,180

their limited consciousness they have

992

00:46:49,350 --> 00:46:43,150

when they're in their physical bodies

993

00:46:52,450 --> 00:46:49,360

they all feel a knowable knowing

994

00:46:56,620 --> 00:46:52,460

conscious presence that surrounds them

995

00:47:02,320 --> 00:46:56,630

and penetrates them and that they're

996

00:47:07,210 --> 00:47:02,330

able with practice and with discipline

997

00:47:11,260 --> 00:47:07,220

to have that experience when you know

998

00:47:14,470 --> 00:47:11,270

whatever they want and they can rise to

999

00:47:18,670 --> 00:47:14,480

those experiences of the heavens or even

1000

00:47:23,140 --> 00:47:18,680

more rarefied experiences where they

1001  
00:47:24,130 --> 00:47:23,150  
just feel themselves omnipresent in all

1002  
00:47:27,910 --> 00:47:24,140  
of creation

1003  
00:47:30,160 --> 00:47:27,920  
I have always felt like the prisoner who

1004  
00:47:32,590 --> 00:47:30,170  
escaped allegory of the cave by Plato

1005  
00:47:35,650 --> 00:47:32,600  
and it sounds like you're describing

1006  
00:47:37,420 --> 00:47:35,660  
that the Mystics are kinda like that the

1007  
00:47:39,010 --> 00:47:37,430  
the ones that got out of the cave and

1008  
00:47:41,500 --> 00:47:39,020  
saw what was actually casting the

1009  
00:47:43,840 --> 00:47:41,510  
shadows on the back of the cave and was

1010  
00:47:46,960 --> 00:47:43,850  
trying to explain to the other prisoners

1011  
00:47:50,320 --> 00:47:46,970  
no no that's not real over here is come

1012  
00:47:51,820 --> 00:47:50,330  
out the cave and have a peek yeah well

1013  
00:47:56,050 --> 00:47:51,830

that's the that's what the Mystics have

1014

00:47:59,020 --> 00:47:56,060

been saying to us for millennia and you

1015

00:48:02,280 --> 00:47:59,030

know the good news is that eventually we

1016

00:48:06,190 --> 00:48:02,290

will learn it we will leave the cave

1017

00:48:10,630 --> 00:48:06,200

it's it's our destiny it's much more far

1018

00:48:14,970 --> 00:48:10,640

more who we are than our physical bodies

1019

00:48:20,550 --> 00:48:14,980

and our emotional concerns at the moment

1020

00:48:24,370 --> 00:48:20,560

and our aspirations that only pertain to

1021

00:48:28,120 --> 00:48:24,380

you know this life we're all divine

1022

00:48:31,870 --> 00:48:28,130

we're all yes we're all God's you know

1023

00:48:35,200 --> 00:48:31,880

in our own right and I know myself a god

1024

00:48:40,450 --> 00:48:35,210

though what God think it's gods with a

1025

00:48:43,810 --> 00:48:40,460

small G alright goodness what it

1026

00:48:46,120 --> 00:48:43,820

it's uh I think we do doubt the human

1027

00:48:48,310 --> 00:48:46,130

potential way too much and you know even

1028

00:48:51,430 --> 00:48:48,320

when people are faced with something

1029

00:48:54,609 --> 00:48:51,440

utterly evil and they're looking at it I

1030

00:48:56,349 --> 00:48:54,619

- I and they wonder why gee this thing

1031

00:48:59,079 --> 00:48:56,359

comes at me all the time but it never

1032

00:49:01,540 --> 00:48:59,089

kills me it never takes me out though

1033

00:49:04,870 --> 00:49:01,550

I'm fearful it will it just doesn't I'm

1034

00:49:06,700 --> 00:49:04,880

like that's because they can't unless

1035

00:49:07,900 --> 00:49:06,710

you allow it to some extent there's

1036

00:49:10,420 --> 00:49:07,910

there's something about the human

1037

00:49:13,180 --> 00:49:10,430

potential the power of the soul and the

1038

00:49:15,730 --> 00:49:13,190

spark of God in us that keeps these

1039

00:49:18,839 --> 00:49:15,740

negative things at bay until we succumb

1040

00:49:21,700 --> 00:49:18,849

to it somehow whether consciously or not

1041

00:49:24,640 --> 00:49:21,710

how do you feel about that about there

1042

00:49:25,900 --> 00:49:24,650

being negative entities do you in the in

1043

00:49:28,630 --> 00:49:25,910

the world or do you not

1044

00:49:31,420 --> 00:49:28,640

some submit to that kind of thinking

1045

00:49:33,220 --> 00:49:31,430

that there may be evil out there no I

1046

00:49:37,680 --> 00:49:33,230

think there are negative entities I

1047

00:49:41,470 --> 00:49:37,690

think there is evil in the sense of

1048

00:49:48,120 --> 00:49:41,480

beings people like ourselves who have

1049

00:49:51,630 --> 00:49:48,130

become so confused so twisted in their

1050

00:49:56,260 --> 00:49:51,640

perspective on what reality is and what

1051

00:49:59,910 --> 00:49:56,270

their potential is that they live very

1052

00:50:04,870 --> 00:49:59,920

very dark lives I don't think they are

1053

00:50:09,370 --> 00:50:04,880

evil for all time I think that you or I

1054

00:50:13,030 --> 00:50:09,380

or anyone could have experimented with

1055

00:50:15,940 --> 00:50:13,040

that level of darkness and found our way

1056

00:50:20,109 --> 00:50:15,950

out of it so it's not permanent but it's

1057

00:50:24,750 --> 00:50:20,119

I think people get caught in fear that

1058

00:50:27,720 --> 00:50:24,760

get caught in subtle power but mostly

1059

00:50:30,400 --> 00:50:27,730

mostly the disembodied entities are are

1060

00:50:35,320 --> 00:50:30,410

just confused they're not they're not

1061

00:50:38,349 --> 00:50:35,330

ready to move on it same yeah it's some

1062

00:50:40,960 --> 00:50:38,359

of things that come across my computer

1063

00:50:43,870 --> 00:50:40,970

sometimes I'm like what the heck was

1064

00:50:45,940 --> 00:50:43,880

that you know I just you know I I love

1065

00:50:48,460 --> 00:50:45,950

that people are taking the step forward

1066

00:50:50,770 --> 00:50:48,470

to have their voice be heard and to say

1067

00:50:52,530 --> 00:50:50,780

I experienced this can someone help me

1068

00:50:53,720 --> 00:50:52,540

figure out what it was it's it's

1069

00:50:56,450 --> 00:50:53,730

fascinating

1070

00:50:58,120 --> 00:50:56,460

and it really lets me know that if

1071

00:51:01,910 --> 00:50:58,130

anybody says they have all the answers

1072

00:51:04,940 --> 00:51:01,920

is run from them and there's a lot to

1073

00:51:06,230 --> 00:51:04,950

learn out there that there are I mean

1074

00:51:09,380 --> 00:51:06,240

what do you what do you think about

1075

00:51:15,230 --> 00:51:09,390

there being interdimensional beings

1076  
00:51:17,630 --> 00:51:15,240  
coming our way sometimes definitely I

1077  
00:51:22,780 --> 00:51:17,640  
think if if you by that you mean that

1078  
00:51:26,480 --> 00:51:22,790  
they're aliens not of this earth then

1079  
00:51:29,210 --> 00:51:26,490  
the universe yeah or parallel universes

1080  
00:51:32,660 --> 00:51:29,220  
even all of that is still the same

1081  
00:51:35,690 --> 00:51:32,670  
principle that we have subtle bodies so

1082  
00:51:37,609 --> 00:51:35,700  
if an alien is coming who has never been

1083  
00:51:44,140 --> 00:51:37,619  
to the earth they're still using their

1084  
00:51:48,260 --> 00:51:44,150  
subtle body to become known to us to to

1085  
00:51:51,830 --> 00:51:48,270  
be interacting with us they have to work

1086  
00:51:55,910 --> 00:51:51,840  
through this agency of subtle energy

1087  
00:51:57,609 --> 00:51:55,920  
subtle reality in physics there's the

1088  
00:52:03,820 --> 00:51:57,619

whole realm of what's called the bulk

1089

00:52:07,490 --> 00:52:03,830

and in quantum physics particularly in

1090

00:52:12,170 --> 00:52:07,500

string theory there is this idea that

1091

00:52:15,770 --> 00:52:12,180

our universe is really just a bubble in

1092

00:52:18,530 --> 00:52:15,780

a vast sea of energy and they even refer

1093

00:52:22,460 --> 00:52:18,540

to them as bubble universes and got it

1094

00:52:27,620 --> 00:52:22,470

and that it posits string theory posits

1095

00:52:31,760 --> 00:52:27,630

that there could be millions of other

1096

00:52:34,550 --> 00:52:31,770

bubble universes in this subtle energy

1097

00:52:36,410 --> 00:52:34,560

what I call the energy verse and the

1098

00:52:39,349 --> 00:52:36,420

energy verse is two-dimensional it's

1099

00:52:40,970 --> 00:52:39,359

pure light it's pure energy and it's

1100

00:52:46,300 --> 00:52:40,980

only the bubble universes that are

1101  
00:52:51,830 --> 00:52:46,310  
three-dimensional so with the right

1102  
00:52:54,560 --> 00:52:51,840  
understanding the Mystics are able to

1103  
00:52:57,859 --> 00:52:54,570  
not only transcend their physical bodies

1104  
00:53:01,870 --> 00:52:57,869  
but they could roam that broader reality

1105  
00:53:05,339 --> 00:53:01,880  
that huge vast reality of

1106  
00:53:07,710 --> 00:53:05,349  
two-dimensional energy and other

1107  
00:53:11,400 --> 00:53:07,720  
bubble universes they could run that at

1108  
00:53:16,019 --> 00:53:11,410  
will well some people say I should live

1109  
00:53:18,839 --> 00:53:16,029  
in a bubble and it's fascinating you

1110  
00:53:20,609 --> 00:53:18,849  
know I I don't think I'll ever get bored

1111  
00:53:22,499 --> 00:53:20,619  
talking about all the different

1112  
00:53:25,049 --> 00:53:22,509  
possibilities out there because there is

1113  
00:53:26,880 --> 00:53:25,059

just there's so many things I don't get

1114

00:53:29,069 --> 00:53:26,890

and you know I have to put this on

1115

00:53:31,140 --> 00:53:29,079

record and I'm curious what you

1116

00:53:34,589 --> 00:53:31,150

suggested people like might like myself

1117

00:53:37,349 --> 00:53:34,599

when it comes to meditation I suck at it

1118

00:53:40,160 --> 00:53:37,359

I fall right to sleep I can't do it I

1119

00:53:42,150 --> 00:53:40,170

just like you know what and I find that

1120

00:53:47,130 --> 00:53:42,160

meditation and being in an altered state

1121

00:53:50,339 --> 00:53:47,140

is definitely a way of learning that we

1122

00:53:51,749 --> 00:53:50,349

need we do it in our sleep but you know

1123

00:53:54,329 --> 00:53:51,759

to be able to control it through

1124

00:53:56,609 --> 00:53:54,339

meditation and to explore I think it's

1125

00:53:59,239 --> 00:53:56,619

so necessary what what do you tell

1126

00:54:00,450 --> 00:53:59,249

people how to even begin to do something

1127

00:54:02,819 --> 00:54:00,460

meditation

1128

00:54:05,789 --> 00:54:02,829

well the main thing I tell people is

1129

00:54:08,700 --> 00:54:05,799

that it's worth every minute of trying

1130

00:54:12,329 --> 00:54:08,710

that you're not going to be instantly

1131

00:54:15,630 --> 00:54:12,339

able to have deep experiences no more

1132

00:54:19,200 --> 00:54:15,640

than you are instantly able to take you

1133

00:54:23,759 --> 00:54:19,210

know play a new sport at a high level on

1134

00:54:28,069 --> 00:54:23,769

day one you do have to practice but it

1135

00:54:31,019 --> 00:54:28,079

is so worth it if I could have one wish

1136

00:54:34,759 --> 00:54:31,029

granted it would be that everybody in

1137

00:54:37,829 --> 00:54:34,769

the world would understand how blissful

1138

00:54:39,930 --> 00:54:37,839

they can be in meditation it's just

1139

00:54:42,180 --> 00:54:39,940

simply the most wonderful experience you

1140

00:54:44,190 --> 00:54:42,190

will ever have in your life if you can

1141

00:54:48,930 --> 00:54:44,200

stick with it and make it happen

1142

00:54:51,779 --> 00:54:48,940

oh gosh I I so wish I understand it's

1143

00:54:55,259 --> 00:54:51,789

like ah you know but I shouldn't say

1144

00:54:58,559 --> 00:54:55,269

that 100% I mean I've had some odd

1145

00:55:01,109 --> 00:54:58,569

successes and I don't know I have to get

1146

00:55:04,079 --> 00:55:01,119

your advice on that and how to do the I

1147

00:55:05,849 --> 00:55:04,089

guess step 1 step 2 step 3 like what are

1148

00:55:07,859 --> 00:55:05,859

some of the the good ways to go about

1149

00:55:09,299 --> 00:55:07,869

doing that but we've got to get to our

1150

00:55:11,039 --> 00:55:09,309

break you guys you're listening to me

1151

00:55:13,990 --> 00:55:11,049

Heidi Hollis the Outlander and we will

1152

00:55:18,170 --> 00:55:16,310

welcome back everybody you listening to

1153

00:55:20,390 --> 00:55:18,180

me Heidi Hollis the Outlander and we

1154

00:55:22,430 --> 00:55:20,400

have Joseph Shelby and we're having some

1155

00:55:26,540 --> 00:55:22,440

really interesting conversation here I

1156

00:55:28,280 --> 00:55:26,550

was asking you about meditation and I am

1157

00:55:31,550 --> 00:55:28,290

a vixx called

1158

00:55:36,320 --> 00:55:31,560

person I don't know why I can't do it I

1159

00:55:39,500 --> 00:55:36,330

fall asleep but oddly okay I've had some

1160

00:55:42,170 --> 00:55:39,510

successes and one time I don't even know

1161

00:55:43,880 --> 00:55:42,180

what to tell you I was like okay I'm

1162

00:55:47,180 --> 00:55:43,890

really gonna do it this time I'm gonna

1163

00:55:48,290 --> 00:55:47,190

really meditate and see where I go and I

1164

00:55:51,590 --> 00:55:48,300

am not kidding you

1165

00:55:54,260 --> 00:55:51,600

I shot straight up into outer space and

1166

00:55:56,630 --> 00:55:54,270

I'm going whoa and I'm just like hang in

1167

00:55:59,090 --> 00:55:56,640

there and I'm like I'm really here and I

1168

00:56:02,120 --> 00:55:59,100

start like this red plasma like stuff

1169

00:56:04,370 --> 00:56:02,130

floating by I'm like and I'm like hello

1170

00:56:06,950 --> 00:56:04,380

is anybody you know it was the strangest

1171

00:56:10,910 --> 00:56:06,960

thing and I'm like oh that's what people

1172

00:56:13,190 --> 00:56:10,920

say they can do so is that common for

1173

00:56:15,470 --> 00:56:13,200

people to have difficulty and to have

1174

00:56:18,410 --> 00:56:15,480

weird success at odd times I don't know

1175

00:56:20,330 --> 00:56:18,420

well I think it's very common for for

1176

00:56:25,910 --> 00:56:20,340

people to have difficulty because it

1177

00:56:30,350 --> 00:56:25,920

what the underlying goal of meditation

1178

00:56:32,780 --> 00:56:30,360

is is to help you become aware of things

1179

00:56:37,370 --> 00:56:32,790

that are not your body and not your

1180

00:56:40,100 --> 00:56:37,380

thoughts and for most of us that's what

1181

00:56:44,300 --> 00:56:40,110

we're aware of all of our waking hours

1182

00:56:46,520 --> 00:56:44,310

so to to learn to get beyond that is in

1183

00:56:50,380 --> 00:56:46,530

fact a challenge what I find most

1184

00:56:55,100 --> 00:56:50,390

helpful is for people to practice

1185

00:56:58,130 --> 00:56:55,110

techniques if you just sit and say okay

1186

00:56:59,930 --> 00:56:58,140

I'm meditating now it can be incredibly

1187

00:57:01,670 --> 00:56:59,940

frustrating because in fact what you

1188

00:57:03,860 --> 00:57:01,680

continue to do is what you were doing

1189

00:57:06,290 --> 00:57:03,870

before which is you think about things

1190

00:57:07,640 --> 00:57:06,300

and you follow some train of thought

1191

00:57:09,650 --> 00:57:07,650

until you've forgotten you're even

1192

00:57:13,280 --> 00:57:09,660

trying to meditate but if you do a

1193

00:57:19,310 --> 00:57:13,290

technique and what if a very simple one

1194

00:57:23,150 --> 00:57:19,320

is to watch your breath and as you as

1195

00:57:31,850 --> 00:57:23,160

you inhale to say

1196

00:57:38,050 --> 00:57:31,860

I am and as you exhale you say he or God

1197

00:57:41,690 --> 00:57:38,060

or Jesus or peace or love whatever you

1198

00:57:45,320 --> 00:57:41,700

feel comfortable doing and just with the

1199

00:57:51,710 --> 00:57:45,330

inhalation say I am and with the

1200

00:57:54,400 --> 00:57:51,720

exhalation he I am he because what

1201  
00:57:58,270 --> 00:57:54,410  
happens is when you don't give your mind

1202  
00:58:02,450 --> 00:57:58,280  
something to think about it thinks about

1203  
00:58:04,880 --> 00:58:02,460  
everything so the technique is really

1204  
00:58:10,820 --> 00:58:04,890  
helpful and it concentrates your mind on

1205  
00:58:12,830 --> 00:58:10,830  
one simple thing sit still be as you

1206  
00:58:17,000 --> 00:58:12,840  
know kind of fight the impulse to fidget

1207  
00:58:21,770 --> 00:58:17,010  
and to move and if you stick with it

1208  
00:58:26,330 --> 00:58:21,780  
even for a week or two you will find

1209  
00:58:31,700 --> 00:58:26,340  
that your breath slows way down and that

1210  
00:58:35,930 --> 00:58:31,710  
you start to feel interiorized it's a

1211  
00:58:38,690 --> 00:58:35,940  
little bit difficult to describe but you

1212  
00:58:41,440 --> 00:58:38,700  
feel like you're you're still in your

1213  
00:58:45,050 --> 00:58:41,450

body you're still aware of your body but

1214

00:58:50,180 --> 00:58:45,060

it's beginning to relax and let go and

1215

00:58:54,440 --> 00:58:50,190

release the normal tension that we carry

1216

00:58:57,260 --> 00:58:54,450

in our bodies and it's very very nice

1217

00:58:59,840 --> 00:58:57,270

feeling it's very very positive feeling

1218

00:59:05,000 --> 00:58:59,850

you've got a very calming voice do you

1219

00:59:08,810 --> 00:59:05,010

do like audio tape see well I don't

1220

00:59:13,160 --> 00:59:08,820

actually myself but there there are many

1221

00:59:15,770 --> 00:59:13,170

of them I can recommend a an app that an

1222

00:59:17,870 --> 00:59:15,780

organization I'm connected with just

1223

00:59:23,510 --> 00:59:17,880

developed and it's just simply called

1224

00:59:25,190 --> 00:59:23,520

the Ananda a NAMD a Ananda meditation

1225

00:59:30,350 --> 00:59:25,200

app you can get it on iTunes you can get

1226

00:59:33,230 --> 00:59:30,360

it on Android and it is full of guided

1227

00:59:36,590 --> 00:59:33,240

meditations that some of which are based

1228

00:59:39,710 --> 00:59:36,600

on that that basic tech

1229

00:59:41,300 --> 00:59:39,720

I just mentioned nice there's a question

1230

00:59:43,880 --> 00:59:41,310

that popped up in the chat room by

1231

00:59:46,190 --> 00:59:43,890

Trish's asking if you have to have any

1232

00:59:51,800 --> 00:59:46,200

religious conviction to repeat this type

1233

00:59:55,270 --> 00:59:51,810

of mantra no I don't think so you have

1234

00:59:57,770 --> 00:59:55,280

to have some openness that there is

1235

01:00:01,520 --> 00:59:57,780

something to experience if you're

1236

01:00:04,940 --> 01:00:01,530

completely skeptical you're probably

1237

01:00:06,830 --> 01:00:04,950

going to resist the whole idea of

1238

01:00:08,510 --> 01:00:06,840

relaxing into this other state of

1239

01:00:12,080 --> 01:00:08,520

consciousness but if you're at least

1240

01:00:15,080 --> 01:00:12,090

just open to the thought and most people

1241

01:00:18,080 --> 01:00:15,090

as you are alluding earlier many people

1242

01:00:21,500 --> 01:00:18,090

have these kind of experiences by

1243

01:00:24,350 --> 01:00:21,510

accident maybe they were at the beach

1244

01:00:28,250 --> 01:00:24,360

and they were watching the waves roll in

1245

01:00:30,950 --> 01:00:28,260

and suddenly they realized that you know

1246

01:00:35,210 --> 01:00:30,960

five minutes that gone by and they have

1247

01:00:37,550 --> 01:00:35,220

just been enjoying a very pleasant state

1248

01:00:41,030 --> 01:00:37,560

of being where they let down and they

1249

01:00:45,980 --> 01:00:41,040

relaxed so there's a lot of ways that we

1250

01:00:51,020 --> 01:00:45,990

start to let go of our tension to let go

1251  
01:00:53,270 --> 01:00:51,030  
of our just constant mental chatter how

1252  
01:00:57,110 --> 01:00:53,280  
long do you suggest people first try it

1253  
01:00:59,420 --> 01:00:57,120  
for 10 15 20 minutes or well I would say

1254  
01:01:01,490 --> 01:00:59,430  
10 minutes but I would also say if you

1255  
01:01:05,570 --> 01:01:01,500  
can't do it 10 minutes don't feel like

1256  
01:01:06,920 --> 01:01:05,580  
that's some magic number if you can if

1257  
01:01:09,890 --> 01:01:06,930  
you can only do it for five minutes

1258  
01:01:11,300 --> 01:01:09,900  
you only do it for two minutes do it but

1259  
01:01:14,300 --> 01:01:11,310  
do it with the intention that you're

1260  
01:01:17,630 --> 01:01:14,310  
gonna do it the next day in the next day

1261  
01:01:21,350 --> 01:01:17,640  
and the next day because the two minutes

1262  
01:01:25,070 --> 01:01:21,360  
will only be a start but a start is

1263  
01:01:28,820 --> 01:01:25,080

better than deciding I can't do this or

1264

01:01:31,130 --> 01:01:28,830

this isn't for me just just keep working

1265

01:01:33,620 --> 01:01:31,140

at it it's really there's work are there

1266

01:01:36,800 --> 01:01:33,630

other steps that come into it like you

1267

01:01:38,840 --> 01:01:36,810

start to visualize or focus on something

1268

01:01:41,390 --> 01:01:38,850

as you get better at it right you and

1269

01:01:44,210 --> 01:01:41,400

then you can increase your time and aim

1270

01:01:47,090 --> 01:01:44,220

for the stars if you want huh yes no

1271

01:01:48,650 --> 01:01:47,100

there's no limit to it we're really

1272

01:01:49,160 --> 01:01:48,660

talking about getting people over the

1273

01:01:51,680 --> 01:01:49,170

hurdle of

1274

01:01:56,359 --> 01:01:51,690

starting but once you get a taste for it

1275

01:01:59,150 --> 01:01:56,369

and you perhaps to dip into things like

1276

01:02:02,890 --> 01:01:59,160

the Ananda meditation app you'll find

1277

01:02:05,299 --> 01:02:02,900

that there are a lot of very moving

1278

01:02:08,120 --> 01:02:05,309

guided meditations that you can follow

1279

01:02:12,799 --> 01:02:08,130

that help you again get out of your

1280

01:02:15,740 --> 01:02:12,809

normal thought pattern and guide you

1281

01:02:19,579 --> 01:02:15,750

into expanding into space expanding into

1282

01:02:23,089 --> 01:02:19,589

your heart expanding with light there's

1283

01:02:27,500 --> 01:02:23,099

a lot of ways to to bring that

1284

01:02:30,170 --> 01:02:27,510

experience to yourself now we have to

1285

01:02:33,049 --> 01:02:30,180

get into this title of your book itself

1286

01:02:36,020 --> 01:02:33,059

says the physics of God so there are

1287

01:02:38,390 --> 01:02:36,030

scientific approaches to a lot of what

1288

01:02:40,490 --> 01:02:38,400

it is that you put in this book so how

1289

01:02:44,299 --> 01:02:40,500

about diving in a little bit into that

1290

01:02:50,390 --> 01:02:44,309

angle yeah the the heart of the book is

1291

01:02:54,200 --> 01:02:50,400

really about how the discipline of

1292

01:02:57,799 --> 01:02:54,210

physics the discipline of biology

1293

01:03:03,890 --> 01:02:57,809

medicine neuroscience all have made

1294

01:03:06,859 --> 01:03:03,900

discoveries that support subtle reality

1295

01:03:11,390 --> 01:03:06,869

they don't tend to get the attention

1296

01:03:16,250 --> 01:03:11,400

that what I think of as the scientific

1297

01:03:20,150 --> 01:03:16,260

materialists put forward but there's

1298

01:03:24,039 --> 01:03:20,160

some amazing confirmation of things I

1299

01:03:28,280 --> 01:03:24,049

already mentioned earlier about the

1300

01:03:32,420 --> 01:03:28,290

string theory positing this basically

1301

01:03:34,309 --> 01:03:32,430

infinite ocean of energy that they refer

1302

01:03:38,089 --> 01:03:34,319

to as the bulk and I call the energy

1303

01:03:43,490 --> 01:03:38,099

verse in which there could be millions

1304

01:03:47,450 --> 01:03:43,500

of universes this is a very very good

1305

01:03:49,460 --> 01:03:47,460

description of the way some spiritual

1306

01:03:52,900 --> 01:03:49,470

traditions talk about heaven that you

1307

01:03:59,089 --> 01:03:52,910

have this whole realm of subtle energy

1308

01:04:01,039 --> 01:03:59,099

that is basically because of this

1309

01:04:02,780 --> 01:04:01,049

connection to the bubble universes is

1310

01:04:05,390 --> 01:04:02,790

basically the

1311

01:04:09,380 --> 01:04:05,400

the seat of knowledge and information

1312

01:04:12,440 --> 01:04:09,390

and intelligence that creates these

1313

01:04:14,120 --> 01:04:12,450

bubble universes so string theory and

1314

01:04:17,210 --> 01:04:14,130

theory in particular which is a branch

1315

01:04:22,750 --> 01:04:17,220

of string theory really kind of gives us

1316

01:04:28,040 --> 01:04:22,760

a location for the heavens it gives us a

1317

01:04:29,870 --> 01:04:28,050

confirmation of subtle energy as a very

1318

01:04:34,070 --> 01:04:29,880

real thing it's subtle in the sense that

1319

01:04:36,170 --> 01:04:34,080

it's unmeasurable in our physical world

1320

01:04:40,430 --> 01:04:36,180

by physical instruments but it

1321

01:04:43,400 --> 01:04:40,440

nonetheless exists another area that

1322

01:04:45,140 --> 01:04:43,410

most people don't realize with science

1323

01:04:47,660 --> 01:04:45,150

per day particularly in physics is

1324

01:04:53,349 --> 01:04:47,670

there's a whole school of thought that

1325

01:04:55,120 --> 01:04:53,359

is endorsed by a lot of very well-known

1326

01:04:59,410 --> 01:04:55,130

physicists in the world of physics

1327

01:05:05,359 --> 01:04:59,420

Einstein was one of them Eugene Wigner

1328

01:05:08,870 --> 01:05:05,369

John Wheeler John von Neumann Heisenberg

1329

01:05:12,160 --> 01:05:08,880

if you make a much of a study of physics

1330

01:05:15,280 --> 01:05:12,170

at all you can't help but run into these

1331

01:05:18,640 --> 01:05:15,290

people and their discoveries and their

1332

01:05:23,180 --> 01:05:18,650

contributions to physics yet all of them

1333

01:05:28,040 --> 01:05:23,190

believed that consciousness was an

1334

01:05:30,050 --> 01:05:28,050

underlying reality to energy and energy

1335

01:05:35,680 --> 01:05:30,060

and turn and underlying reality of

1336

01:05:38,000 --> 01:05:35,690

matter and that there are whole

1337

01:05:40,250 --> 01:05:38,010

mathematical systems that have been

1338

01:05:45,050 --> 01:05:40,260

developed particularly by a man named

1339

01:05:47,630 --> 01:05:45,060

David Bohm that mathematically support

1340

01:05:51,590 --> 01:05:47,640

this notion that consciousness is the

1341

01:05:54,700 --> 01:05:51,600

ground of all reality and a connection

1342

01:05:58,010 --> 01:05:54,710

between the consciousness that is

1343

01:06:00,320 --> 01:05:58,020

posited by these luminaries of physics

1344

01:06:02,420 --> 01:06:00,330

and the consciousness that's described

1345

01:06:05,960 --> 01:06:02,430

by the mystics and the saints and sages

1346

01:06:08,960 --> 01:06:05,970

of all religious traditions is the same

1347

01:06:10,580 --> 01:06:08,970

thing the the physicists are talking

1348

01:06:14,599 --> 01:06:10,590

about it in a very impersonal way

1349

01:06:16,160 --> 01:06:14,609

they're reducing it to equations and

1350

01:06:18,079 --> 01:06:16,170

mystics are talking about it in a very

1351

01:06:21,289 --> 01:06:18,089

personal way as if as a direct

1352

01:06:24,460 --> 01:06:21,299

experience of bliss and love and an

1353

01:06:29,299 --> 01:06:24,470

infinite consciousness but they both

1354

01:06:32,630 --> 01:06:29,309

describe how its warp and woof of the

1355

01:06:34,849 --> 01:06:32,640

entire universe in in a very similar way

1356

01:06:36,529 --> 01:06:34,859

so this is what I love to doing in my

1357

01:06:40,870 --> 01:06:36,539

book the physics of God and what I talk

1358

01:06:45,200 --> 01:06:40,880

about in in my classes and courses is

1359

01:06:49,630 --> 01:06:45,210

what is it in science that supports this

1360

01:06:51,289 --> 01:06:49,640

more expansive view of reality Oh

1361

01:06:55,700 --> 01:06:51,299

fascinating

1362

01:06:57,680 --> 01:06:55,710

my goodness I you know what I can't help

1363

01:07:00,079 --> 01:06:57,690

but to ask well you're talking about

1364

01:07:03,499 --> 01:07:00,089

these bubble universes and string theory

1365

01:07:06,109 --> 01:07:03,509

and I you know okay there's infinite

1366

01:07:08,859 --> 01:07:06,119

universes out there potentially there

1367

01:07:11,479 --> 01:07:08,869

are some souls of people here who

1368

01:07:15,049 --> 01:07:11,489

honestly don't feel like they're from

1369

01:07:17,479 --> 01:07:15,059

here but when people have these

1370

01:07:21,049 --> 01:07:17,489

near-death experiences or these mystical

1371

01:07:23,690 --> 01:07:21,059

experiences they seem to ring kind of

1372

01:07:26,329 --> 01:07:23,700

similar no matter what is it because of

1373

01:07:28,579 --> 01:07:26,339

locality like how close a certain bubble

1374

01:07:30,319 --> 01:07:28,589

universe is this is what this heaven

1375

01:07:33,950 --> 01:07:30,329

like place with the crystal buildings

1376

01:07:36,349 --> 01:07:33,960

and all look like I mean is that just

1377

01:07:38,420 --> 01:07:36,359

because that's our bubble we go to for

1378

01:07:41,289 --> 01:07:38,430

these mystical experiences though I've

1379

01:07:44,150 --> 01:07:41,299

heard of people including myself having

1380

01:07:48,200 --> 01:07:44,160

odd little memories of other planets

1381

01:07:54,289 --> 01:07:48,210

even you know the Mystics say that we're

1382

01:07:58,220 --> 01:07:54,299

drawn to a zone a realm a planet

1383

01:08:02,049 --> 01:07:58,230

an astral planet that resonates with our

1384

01:08:06,289 --> 01:08:02,059

consciousness so like like attracts like

1385

01:08:09,349 --> 01:08:06,299

but in the long journey of the soul to

1386

01:08:11,960 --> 01:08:09,359

to come back to full awareness of that

1387

01:08:15,849 --> 01:08:11,970

infinite consciousness we might have

1388

01:08:19,519 --> 01:08:15,859

been drawn to many many many different

1389

01:08:21,709 --> 01:08:19,529

astral locations and that those those

1390

01:08:24,589 --> 01:08:21,719

are there within us as memories they're

1391

01:08:28,220 --> 01:08:24,599

buried deep because we tend to only use

1392

01:08:30,050 --> 01:08:28,230

the memories of this life but they

1393

01:08:33,789 --> 01:08:30,060

can come to us in dreams they can come

1394

01:08:37,220 --> 01:08:33,799

to us in in moments of meditation

1395

01:08:41,900 --> 01:08:37,230

because they're very real experiences

1396

01:08:44,570 --> 01:08:41,910

yeah so and no you're of the belief too

1397

01:08:47,570 --> 01:08:44,580

that say if somebody had a past life and

1398

01:08:50,030 --> 01:08:47,580

they lost an arm they may be born

1399

01:08:52,220 --> 01:08:50,040

without an arm in this lifetime is how

1400

01:08:56,269 --> 01:08:52,230

does that kind of thing carryover that

1401

01:09:00,200 --> 01:08:56,279

it actually manifests well I've never

1402

01:09:02,420 --> 01:09:00,210

heard that one precisely I can imagine a

1403

01:09:08,599 --> 01:09:02,430

scenario where they lost a life a lost

1404

01:09:11,780 --> 01:09:08,609

an arm in a previous life and came into

1405

01:09:14,539 --> 01:09:11,790

this life with that fear that they would

1406

01:09:18,170 --> 01:09:14,549

lose an arm and lo and behold they do

1407

01:09:20,420 --> 01:09:18,180

lose an arm because they're attracting

1408

01:09:23,809 --> 01:09:20,430

to themselves that experience based on

1409

01:09:28,400 --> 01:09:23,819

their their prior fear but they do say

1410

01:09:34,940 --> 01:09:28,410

that when you're born you're born with a

1411

01:09:38,300 --> 01:09:34,950

certain DNA potential of that that might

1412

01:09:43,070 --> 01:09:38,310

determine some of how you look but that

1413

01:09:46,910 --> 01:09:43,080

if you have a strong personality a

1414

01:09:51,140 --> 01:09:46,920

strong sense of who you are you might

1415

01:09:53,420 --> 01:09:51,150

begin to override that DNA and look more

1416

01:09:58,010 --> 01:09:53,430

and more like you did look in your last

1417

01:10:06,500 --> 01:09:58,020

lifetime so if we say that's the milk

1418

01:10:08,600 --> 01:10:06,510

man's kid that's what it wasn't a swap

1419

01:10:12,040 --> 01:10:08,610

at the hospital or anything

1420

01:10:16,100 --> 01:10:12,050

well I can't rule out the hospital swap

1421

01:10:19,580 --> 01:10:16,110

but you can they have many many studies

1422

01:10:22,130 --> 01:10:19,590

of identical twins have shown that some

1423

01:10:24,080 --> 01:10:22,140

of them remain very similar in the way

1424

01:10:28,270 --> 01:10:24,090

they look throughout their lives but

1425

01:10:30,950 --> 01:10:28,280

many don't yeah many begin to veer off

1426

01:10:33,650 --> 01:10:30,960

they don't look so radically different

1427

01:10:35,720 --> 01:10:33,660

that you wouldn't on looking at them

1428

01:10:38,690 --> 01:10:35,730

realize that they were twins but they

1429

01:10:40,440 --> 01:10:38,700

certainly don't look close and in fact

1430

01:10:42,150 --> 01:10:40,450

one of the amazing

1431

01:10:48,810 --> 01:10:42,160

things that has been discovered again

1432

01:10:51,060 --> 01:10:48,820

fairly recently in genetics is that what

1433

01:10:54,570 --> 01:10:51,070

it used to be considered that our DNA

1434

01:10:58,290 --> 01:10:54,580

was fixed from birth the DNA we were

1435

01:11:02,490 --> 01:10:58,300

born with would determine how we were

1436

01:11:04,770 --> 01:11:02,500

susceptible to diseases how we aged what

1437

01:11:08,700 --> 01:11:04,780

physical kind of abilities we might have

1438

01:11:12,570 --> 01:11:08,710

that that was all fixed that whole model

1439

01:11:17,880 --> 01:11:12,580

is completely gone now and they have

1440

01:11:21,660 --> 01:11:17,890

found that we can activate DNA that we

1441

01:11:25,050 --> 01:11:21,670

were born with but was inactive so we

1442

01:11:29,820 --> 01:11:25,060

can basically turn on and turn off genes

1443

01:11:33,180 --> 01:11:29,830

in our cells so that's what twins do who

1444

01:11:36,660 --> 01:11:33,190

fear is the day of they have discovered

1445

01:11:39,870 --> 01:11:36,670

that the DNA that's activated in one

1446

01:11:42,650 --> 01:11:39,880

twin and the DNA that's activated in

1447

01:11:47,850 --> 01:11:42,660

another twin can be very very different

1448

01:11:49,860 --> 01:11:47,860

later in their lives that is I you know

1449

01:11:52,560 --> 01:11:49,870

I know a lot of people that would love

1450

01:11:56,310 --> 01:11:52,570

to know how to activate or inactivate

1451

01:11:58,850 --> 01:11:56,320

some of their genes including the one

1452

01:12:02,100 --> 01:11:58,860

that causes certain people to be

1453

01:12:05,490 --> 01:12:02,110

predisposed to become addicts you know

1454

01:12:09,960 --> 01:12:05,500

or have high blood pressure yeah you can

1455

01:12:12,660 --> 01:12:09,970

by by changing your thought patterns by

1456

01:12:16,080 --> 01:12:12,670

changing your habits by changing your

1457

01:12:18,600 --> 01:12:16,090

diet by including exercise by doing

1458

01:12:21,200 --> 01:12:18,610

basically any positive thing and

1459

01:12:26,580 --> 01:12:21,210

especially I'll plug it once more

1460

01:12:29,490 --> 01:12:26,590

meditation yeah you activate genes just

1461

01:12:34,370 --> 01:12:29,500

by doing those things and you not only

1462

01:12:38,610 --> 01:12:34,380

activate genes that encourage a positive

1463

01:12:40,920 --> 01:12:38,620

health but you also deactivate genes

1464

01:12:43,860 --> 01:12:40,930

that make you susceptible to things like

1465

01:12:47,130 --> 01:12:43,870

drug addiction or particular kinds of

1466

01:12:49,500 --> 01:12:47,140

diseases so in other words you're

1467

01:12:51,660 --> 01:12:49,510

telling people that they should have a

1468

01:12:55,370 --> 01:12:51,670

new year's resolution to change your

1469

01:13:01,220 --> 01:12:59,060

hone in on your jeans and just you do

1470

01:13:03,979 --> 01:13:01,230

this through meditation and prayer then

1471

01:13:06,890 --> 01:13:03,989

you're saying to say whatever it is God

1472

01:13:09,439 --> 01:13:06,900

fix those please I don't want that I

1473

01:13:12,170 --> 01:13:09,449

don't want this either well in a very

1474

01:13:14,600 --> 01:13:12,180

real way you fix them praying to God

1475

01:13:17,439 --> 01:13:14,610

would elevate your consciousness and

1476

01:13:19,820 --> 01:13:17,449

elevating your consciousness would

1477

01:13:24,920 --> 01:13:19,830

change those teens there was an

1478

01:13:28,010 --> 01:13:24,930

experiment done with men who suffered

1479

01:13:30,439 --> 01:13:28,020

from forget what it was exactly but they

1480

01:13:33,530 --> 01:13:30,449

had a real medical condition that was

1481

01:13:36,080 --> 01:13:33,540

not life-threatening but would severely

1482

01:13:41,570 --> 01:13:36,090

limit their quality of life and they put

1483

01:13:44,180 --> 01:13:41,580

them on a regimen of exercise diet that

1484

01:13:46,689 --> 01:13:44,190

they all adhere to for about three

1485

01:13:51,280 --> 01:13:46,699

months and the end of those three months

1486

01:13:57,050 --> 01:13:51,290

they tested them and they had activated

1487

01:14:01,030 --> 01:13:57,060

7,000 genes Wow how so we re

1488

01:14:03,920 --> 01:14:01,040

activate/deactivate genes every day oh

1489

01:14:08,450 --> 01:14:03,930

that's uh that's something I can say

1490

01:14:10,970 --> 01:14:08,460

I've never heard of so and these are all

1491

01:14:13,850 --> 01:14:10,980

the good genes we're pretty certain that

1492

01:14:16,520 --> 01:14:13,860

it wasn't well when we do positive

1493

01:14:19,370 --> 01:14:16,530

behaviors when we do positive behaviors

1494

01:14:21,320 --> 01:14:19,380

we activate the genes that support those

1495

01:14:23,870 --> 01:14:21,330

positive behaviors all right we take

1496

01:14:25,520 --> 01:14:23,880

this when we do negative behaviors we

1497

01:14:28,430 --> 01:14:25,530

activate the genes that support the

1498

01:14:32,209 --> 01:14:28,440

negative behaviors the Neanderthal genes

1499

01:14:34,970 --> 01:14:32,219

come forward huh the knuckle-dragging

1500

01:14:37,400 --> 01:14:34,980

genes so we've got a focus it makes

1501

01:14:39,380 --> 01:14:37,410

sense though it's like oh there's so

1502

01:14:40,970 --> 01:14:39,390

many sayings that are like you know what

1503

01:14:43,430 --> 01:14:40,980

you do want to others comes on to you

1504

01:14:46,250 --> 01:14:43,440

type of thing and it's like and it truly

1505

01:14:49,280 --> 01:14:46,260

can from the inside out so that's

1506

01:14:51,620 --> 01:14:49,290

fascinating so much more mutable then

1507

01:14:53,870 --> 01:14:51,630

then we tend to think where we are not

1508

01:14:56,060 --> 01:14:53,880

these fixed physical bodies or put

1509

01:14:58,970 --> 01:14:56,070

another way these fixed physical bodies

1510

01:15:01,310 --> 01:14:58,980

are not in fact fixed I'll try to tell

1511

01:15:02,419 --> 01:15:01,320

you a brief thing here I know we have a

1512

01:15:06,080 --> 01:15:02,429

little bit of totally a little bit of

1513

01:15:08,479 --> 01:15:06,090

time left but there are clinical studies

1514

01:15:11,899 --> 01:15:08,489

none of people who are multiple

1515

01:15:14,149 --> 01:15:11,909

personality disorder suffers and

1516

01:15:16,490 --> 01:15:14,159

everybody pretty much commonly knows

1517

01:15:18,890 --> 01:15:16,500

that these people have different

1518

01:15:22,040 --> 01:15:18,900

personality types what's less known is

1519

01:15:24,189 --> 01:15:22,050

that when those personalities come in

1520

01:15:28,330 --> 01:15:24,199

and the previous personality goes out

1521

01:15:33,709 --> 01:15:28,340

they experience physiological changes

1522

01:15:38,660 --> 01:15:33,719

instantaneously scars scars appear and

1523

01:15:40,820 --> 01:15:38,670

dishonor moles appear and disappear o1

1524

01:15:44,660 --> 01:15:40,830

personality was a drug addict and would

1525

01:15:47,020 --> 01:15:44,670

have needle tracks on his arm when the

1526

01:15:50,660 --> 01:15:47,030

next personality comes in they disappear

1527

01:15:55,209 --> 01:15:50,670

some personalities change their eye

1528

01:15:58,419 --> 01:15:55,219

color wow that sounds like possession

1529

01:16:01,669 --> 01:15:58,429

well in a sense it is because each

1530

01:16:04,189 --> 01:16:01,679

personality that comes in comes in with

1531

01:16:07,209 --> 01:16:04,199

their own subconscious mind and their

1532

01:16:09,890 --> 01:16:07,219

own subconscious mind is full of their

1533

01:16:11,689 --> 01:16:09,900

deeply held convictions about who they

1534

01:16:14,290 --> 01:16:11,699

are what they look like what the state

1535

01:16:19,970 --> 01:16:14,300

of their health form of their body and

1536

01:16:22,000 --> 01:16:19,980

that conviction is so fundamental that

1537

01:16:25,430 --> 01:16:22,010

when that personality comes in

1538

01:16:28,700 --> 01:16:25,440

instantaneously makes the body conform

1539

01:16:30,830 --> 01:16:28,710

to that image I saw a movie recently I

1540

01:16:33,410 --> 01:16:30,840

want to say it was called identity and

1541

01:16:37,459 --> 01:16:33,420

it was a multiple multiple disorder

1542

01:16:39,709 --> 01:16:37,469

person as the main character who he and

1543

01:16:41,800 --> 01:16:39,719

his psychiatrists were trying to prove

1544

01:16:44,979 --> 01:16:41,810

to the world that the different

1545

01:16:48,560 --> 01:16:44,989

personalities were truly individual

1546

01:16:50,060 --> 01:16:48,570

beings and like one was diabetic and the

1547

01:16:51,830 --> 01:16:50,070

others weren't or something and it was

1548

01:16:53,930 --> 01:16:51,840

like wow you know it's things like that

1549

01:16:55,129 --> 01:16:53,940

and and here you're talking about this

1550

01:16:57,709 --> 01:16:55,139

I'm like oh my gosh you just saw this

1551

01:16:59,570 --> 01:16:57,719

movie on that that's um that's really

1552

01:17:03,020 --> 01:16:59,580

that takes things to a whole other level

1553

01:17:06,430 --> 01:17:03,030

and it lets you know that if we believe

1554

01:17:09,290 --> 01:17:06,440

things strong enough it can happen and

1555

01:17:10,820 --> 01:17:09,300

I've witnessed that for personally and

1556

01:17:13,339 --> 01:17:10,830

I've seen it with others who fully

1557

01:17:15,950 --> 01:17:13,349

anticipate something to happen and I'll

1558

01:17:17,300 --> 01:17:15,960

tell you briefly I was yeses sometime

1559

01:17:18,859 --> 01:17:17,310

ago I was playing video game and

1560

01:17:19,820 --> 01:17:18,869

swapping between two different

1561

01:17:23,830 --> 01:17:19,830

cartridges

1562

01:17:26,120 --> 01:17:23,840

for the same game Mario excuse me and

1563

01:17:28,160 --> 01:17:26,130

one of the games allows you to continue

1564

01:17:29,720 --> 01:17:28,170

the other one does it I'm playing my

1565

01:17:31,010 --> 01:17:29,730

friend comes in she goes off you gotta

1566

01:17:33,890 --> 01:17:31,020

start all over again because you died

1567

01:17:35,540 --> 01:17:33,900

I'm like no I could continue and sure

1568

01:17:40,100 --> 01:17:35,550

enough the screen pops up it allows me

1569

01:17:41,900 --> 01:17:40,110

to continue though it did not exist it

1570

01:17:43,430 --> 01:17:41,910

was the strangest thing it's just like

1571

01:17:44,330 --> 01:17:43,440

that doesn't happen and it never

1572

01:17:46,400 --> 01:17:44,340

happened again

1573

01:17:50,360 --> 01:17:46,410

once I realized it wasn't really a

1574

01:17:54,140 --> 01:17:50,370

reality of the game now our minds are

1575

01:17:56,810 --> 01:17:54,150

very very very powerful we we share

1576

01:18:00,530 --> 01:17:56,820

God's mind we share the infinite

1577

01:18:06,620 --> 01:18:00,540

intelligence we just don't use it very

1578

01:18:10,340 --> 01:18:06,630

well we heard as children we are unaware

1579

01:18:14,180 --> 01:18:10,350

of the fact that we are manifesting the

1580

01:18:17,060 --> 01:18:14,190

bodies that we have yeah and we change

1581

01:18:19,370 --> 01:18:17,070

the environment I mean how could I have

1582

01:18:21,590 --> 01:18:19,380

encouraged a game to do something just

1583

01:18:22,940 --> 01:18:21,600

the weirdest thing but gosh we're coming

1584

01:18:26,870 --> 01:18:22,950

to the bottom of the show yet your

1585

01:18:29,330 --> 01:18:26,880

website is fizz physics and God calm and

1586

01:18:31,280 --> 01:18:29,340

you have an event coming up in April for

1587

01:18:33,940 --> 01:18:31,290

people to go check out as well yeah I

1588

01:18:36,410 --> 01:18:33,950

have several events anybody who's in the

1589

01:18:40,750 --> 01:18:36,420

Sacramento area might be interested in

1590

01:18:42,290 --> 01:18:40,760

the healing arts festival that's held on

1591

01:18:45,050 --> 01:18:42,300

April 8th

1592

01:18:47,360 --> 01:18:45,060

I forget the location but if you look up

1593

01:18:49,930 --> 01:18:47,370

healing arts festival you can't miss it

1594

01:18:53,300 --> 01:18:49,940

and I'm speaking on Saturday afternoon

1595

01:18:58,010 --> 01:18:53,310

I'll be in Seattle on April 13th and

1596

01:19:08,210 --> 01:18:58,020

14th I'll be back in Sacramento on April

1597

01:19:10,880 --> 01:19:08,220

20th and 21st I have a number of other

1598

01:19:12,590 --> 01:19:10,890

things in the works so you know please

1599

01:19:14,290 --> 01:19:12,600

come check out the events if you are

1600

01:19:16,990 --> 01:19:14,300

interested I'm going to be doing a

1601

01:19:19,430 --> 01:19:17,000

webinar series so if you're not

1602

01:19:22,490 --> 01:19:19,440

physically near anything I'm doing this

1603

01:19:27,050 --> 01:19:22,500

would allow you to take six mark class

1604

01:19:29,330 --> 01:19:27,060

series as well as a interviews with

1605

01:19:32,520 --> 01:19:29,340

other scientists like Amit Goswami and

1606

01:19:34,590 --> 01:19:32,530

Joan Morrison case Wow

1607

01:19:37,050 --> 01:19:34,600

that's fascinating so go to physics and

1608

01:19:38,370 --> 01:19:37,060

God calm and I just say thank you so

1609

01:19:41,220 --> 01:19:38,380

much for coming on the show this is a

1610

01:19:43,890 --> 01:19:41,230

lot of fun Joseph Selby and we'll have

1611

01:19:46,170 --> 01:19:43,900

to have you back on again no please do

1612

01:19:47,280 --> 01:19:46,180

it's been my pleasure yeah so you guys

1613

01:19:49,620 --> 01:19:47,290

would come to the bottom of another

1614

01:19:52,170 --> 01:19:49,630

program remember you can catch me here

1615

01:19:53,490 --> 01:19:52,180

every Friday at 8 p.m. central 9 p.m.

1616

01:19:56,040 --> 01:19:53,500

Eastern you've been listening to me

1617

01:19:58,530 --> 01:19:56,050

Heidi Hollis the Outlander remembering